

song: *Good Enough* – Sarah McLachlan

**value:** (n: own it)

- a fair return or equivalent in goods, services, or money for something exchanged
- relative worth, utility, or importance; precise significance
- something intrinsically desirable

*benefit, content, desirability, eminence, esteem, grade, importance, merit, power, purpose, quality, regard, repute, significance, stature, substance, superiority, use, worth*

Sometimes we become collectors. We collect "stuff"– material items which we deem as beautiful, or special or valuable; those "things" that sometimes impress others. We collect people (1,113 friends on Facebook), proving to the world how worthy/ interesting/ popular and successful we are.

What if we could do more...with less? Only three pairs of shoes (dress, athletic, sensible), and two pairs of great jeans. A few very close friends who you can confide in, trust and love fully– people whom you would die for. One watch on your wrist... because, really, how many do you need? Just because you CAN– doesn't mean that you SHOULD...What is the real value of what you own?

Now that you have had time, explore your life and surrender to yourself, consider off-loading those things that no longer serve you: Let go of bad habits, fears...people who no longer elevate you. Let go of the clutter that surrounds you, limiting your vision of what is TRULY important in your life.

As you create new space in your life, those things, and people, and memories that you choose to hold sacred, will hold greater value...never taking them for granted. Empower their presence, so that your life is filled with precious moments rather than being weighted down by unnecessary baggage.

*"Strive not to be a success, but rather to be of value." -Albert Einstein*

**Action:** This week, create a chart. One piece of paper with a line down the middle. Make a list of "things" that have much less value than they did when you acquired them. Consider the freedom you would have if you let them go...and then, let a few of them go.

Afterwards, look into the mirror with the highest esteem, and value all that you are, with even less than you owned yesterday.



*As you practice the Double Squat exercise, recognize the immense value in landing without a sound; moving with grace.*

### November Color: Claret Red

Claret Red embodies the qualities of love and passion which can provide much more value than many material things.

### November Chakra: Root Chakra

The root or base chakra may spark an energetic rush from the pelvic floor upward. Being open to this energy is essential to balanced men's and women's health.