

# achieve

song: *Defying Gravity* – Idina Menzel

week #22

**achieve:** (verb: do it)

- to perform or carry out with success; accomplish
- to attain with effort or despite difficulty

*accomplish, acquire, attain, complete, execute, finish, follow through, fulfill, gain, perfect, perform, produce, reach, realize*

**“Be aware of wonder. Live a balanced life – learn some and think some and draw and paint and sing and dance and play and work every day some.”**

-Robert Fulghum

### Who determines the perfect balance between work and play?

If you work more often, longer hours, and more intensely...  
Will this make you a better person...a more productive person?

What if you decided, on Monday morning, that you are not sufficiently rested from the week before and therefore decided to take the day off to sleep in and sit in the sun and eat berries? Does this make you a slacker? Do you exercise every day? Are you always sore the next day? Do you push your body until you grit your teeth and grunt? What's REALLY right for you? Only you can decide...**but have you made a plan?**

*(Exercise doesn't have to be harder – just smarter.)*

**“If you spend too much time warming up, you'll miss the race. If you don't warm up at all, you may not finish the race.”**-Grand Heidrich

*Every day, acknowledge and respect your imbalances. Strive to reach harmony within yourself. Make yourself the promise to do one thing every day which feels nurturing and one thing that asks you to reveal your vulnerabilities. Search for the perfect fit.*

**Action:** Have you ever suffered from heart break? If so you know that your body can suffer physical and mental imbalances from that heart ache. It may even affect your immunity. This week find balance within. Examine your eating, sleeping, working and play habits in addition to your thought patterns (are they mostly negative or positive?). Finding balance in ourselves first will help us find balance all around us.



Achieve new posture and alignment with a very slow and intentional Roll Up... Articulate bone by bone.

### May Color: Bud Green

The color bud green is associated with life's riches...the color of paper money and beautiful landscapes. Surrounding yourself with this color can help increase prosperity and promote material wealth in your life..

### May Chakra: Heart

The heart chakra or the 4<sup>th</sup> chakra is right in the center of all the major chakras. It links the upper and lower chakras together. Balance of the lower chakras is paramount to balancing the heart and upper chakras thereafter.