

## Spoil Yourself Silly

Try something new!

**“Do not take life too seriously. You will never get out alive.”**

- Elbert Hubbard

Summer is in full swing with more sunlight, longer days and warmer weather. Isn't it great! We have waited all year for this, right? Summer tends to bring out the best in all of us; we operate at a higher level with more enthusiasm and energy to expend. Life is more promising and we feel we can do IT ALL! So why not harness this energy and ride the wave of the summer and try something new.

Have you ever noticed how conditioned we are in the routine of life? We tend to wake-up at a certain time each day and approach our day the same way day in and day out. Take a walk through how you start your day and see what's different one day to the next. Take stock of how you are spending your "extra" time and energy during this month. Are you doing things you enjoy, or are you working longer hours and cramming more so called "important tasks" onto your to-do lists trying to accomplish more?

Doing the same thing day in and day out can be boring and creates stagnation not only in our mind but in our bodies and hearts too. If there is one thing we know for sure, it is that change is constant, yet we seem fearful of breaking our daily routines because we don't like change!

When we think about how we experience fear in the body, it is similar to how we experience something new and exciting. Our bodies interpretation is essentially the same and it only our minds that attach the negative or positive connotation to it all.

Here are two great acronyms for the words Life and Fear. **Living Intelligently For Ever** or **False Evidence Appearing Real**. The next time you are trying to change your routine and your mind screams "No, scary." Try and reframe it. Rather than hearing scary, try and say "exciting" and see what happens. It sounds elementary and it is, so try it and see if you see things differently. After all, "there is no failure, just feedback."

*Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.*

*Amy can be found on fastloop as "[ABC815](#)". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.*

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