

Pausing To Reflect And Believe It Gets Better Video



A Little Something To Know...

These videos come in a set of the four elements: Fire, Wind, Water, and Air.

This one is WATER.

They are reminders to pause, be, stand in your own space, and just breathe. They are wonderful when you just need something to slow you down and catch your breath. They are also great when you need something pretty, comforting, cozy, and sweet. Take a moment to pause.

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A Little Something To Journal About...

Sometimes life moves faster than we can dance. When you are out of ideas and out of breath, maybe it's time to stop for a minute. That little pause can give you time to reflect, recharge, get a new perspective, and start again. When we can do that, things have room to get better. What's going on in your life? Is it time to pause and see what the reflection is trying to tell you? Shhh.....what's it saying? Write it down. Give it words and give it wings. Oh...and it really does get better.

