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A Little Something To Know...

There is something sweet about gingerbread houses in the woods (even if we were all taught that's where the wicked witch lives). It's even better when you can make anything any color you like. Trees can be purple and houses can be pink. Every day is a sunny day when you get to color it that way. What would a perfect little place in the woods look like to you? Yes, that....color it like that.

A Little Something To Journal About...

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Do you dream of a cozy little place in the woods? What would that look like for you? What do you need right now? Does your country cottage in the woods have a fireplace and a clawfoot tub? Is there an herb garden in the back or a porch swing by the front door? Journaling about it is the first step to either making it happen or for your brain to feel like it has already happened. (Your nervous system doesn't know the difference.)