

Karen's Simple Rules for Abundant Living

July 7, 2019

Atascadero, CA

1. Walk every day when you could ride or drive instead
2. Speak in life-giving words, at the right time, and with purpose
3. Challenge your outdated assumptions
4. Engage in meaningful, far-ranging discussions with those whose intellectual capacity is compatible with yours
5. Celebrate nature in as pristine a setting as you can get to safely
6. Share simple pleasures with those you love and don't forget to laugh
7. Nurture your body daily through healthy food, and comfort food in moderation
8. Cultivate new skills as you perpetually learn and grow
9. Make your work, work for you, not the other way around
10. Bestow tender loving care on the grown-ups, children, pets, and plants in your life

Above all, express gratitude to the creator for your every breath, until your final one.