

SPR OUT ING

MADE WITH  BY LIZ STUBBS



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TODAY, CHOOSE TO FOCUS
ON THE JOY IN EVERY
SITUATION.

Where is joy? even if it seems
elusive, it's there. in a smile
on a stranger's face.
in your good health.
in feeling gratitude.
in giving.

in a
phone call
from a friend.

and when you focus
on joy instead of
anger or helplessness
or sorrow, you
reciprocate and create
joy, radiating joy
into your surroundings...
affecting your world.

MAKE
JOY

by choosing joy, you make joy.
MAKE JOY TODAY.

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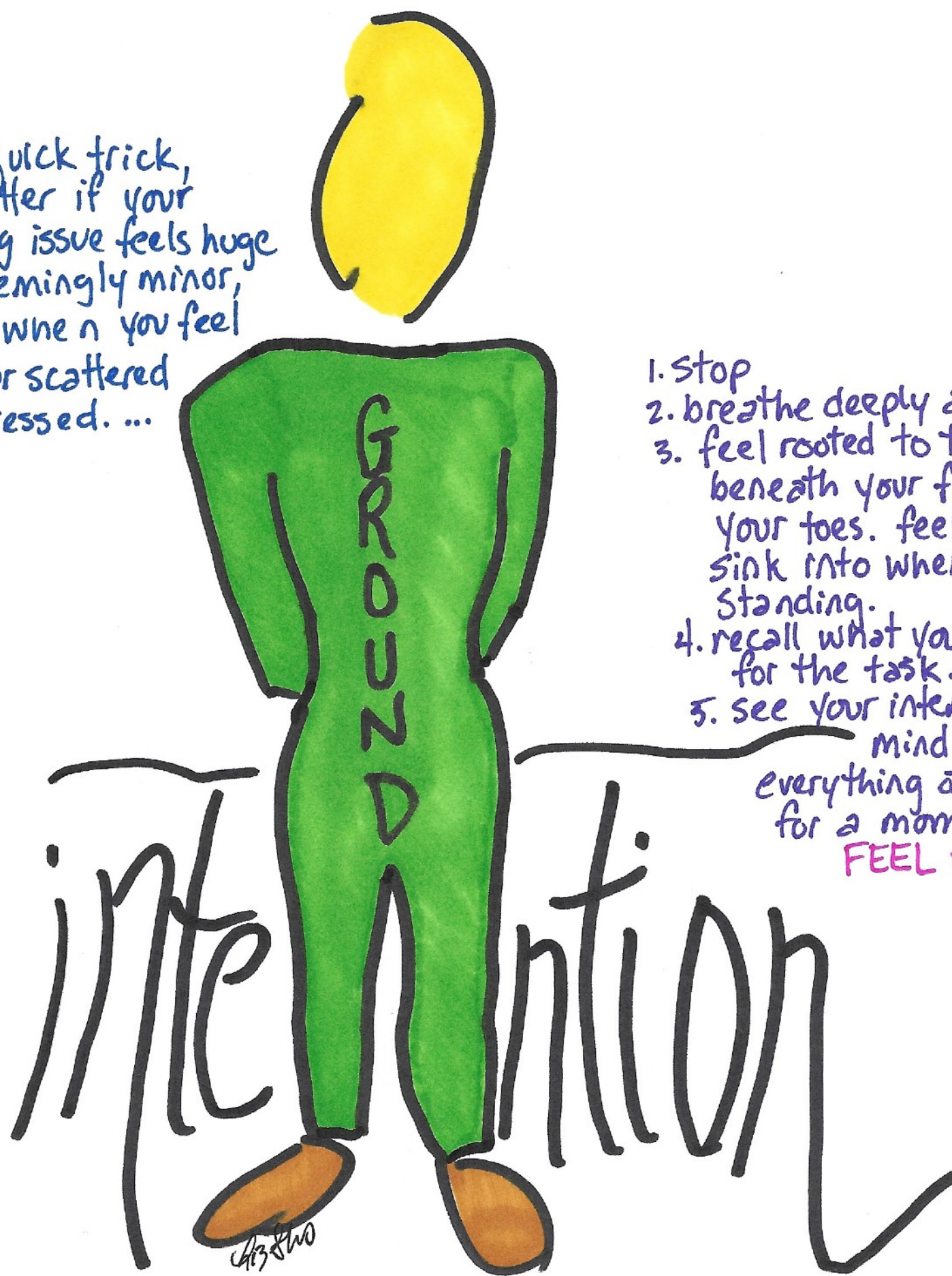
TODAY, notice
where and when
you feel jazzed,
and possibly a little
nervous. LISTEN
to what calls
your soul.

honor your passion—
share your gift—
follow your path.
What enlivens you?
What feels in harmony
with you?

this is your divine
and intuitive guide.
listen for it.
feel it.
follow it and experience
how your life expands
and becomes richer.

TAKE A STEP
ON YOUR PATH
TOWARDS YOUR PASSION
TODAY!

this quick trick,
no matter if your
vexing issue feels huge
or seemingly minor,
helps when you feel
lost or scattered
or stressed. ...

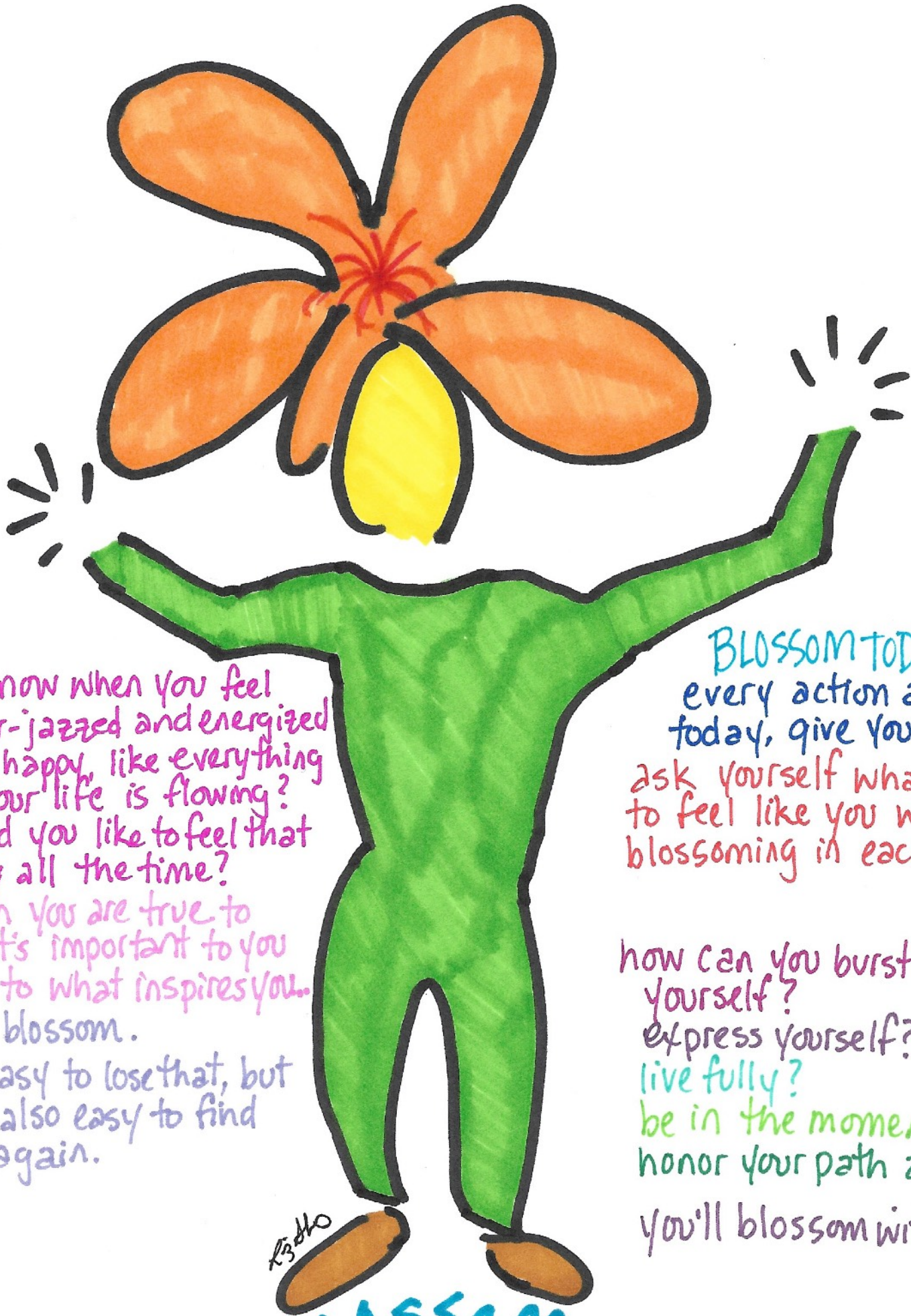


1. Stop
2. breathe deeply a few times
3. feel rooted to the earth
beneath your feet. wiggle
your toes. feel your heels
sink into wherever you're
standing.
4. recall what your intention is
for the task... moment... day.
5. see your intention in your
mind - block out
everything around you
for a moment and
FEEL your intention.



remembering and grounding in your
intention helps keep your decisions
on track and keeps you feeling
whole with yourself.

GROUND IN INTENTION TODAY.



you know when you feel
super-jazzed and energized
and happy, like everything
in your life is flowing?
would you like to feel that
way all the time?
when you are true to
what's important to you
and to what inspires you,
you blossom.
it's easy to lose that, but
it's also easy to find
it again.

BLOSSOM TODAY. with
every action and interaction
today, give yourself this gift:
ask yourself what would it take
to feel like you were
blossoming in each situation?

how can you burst forth with
yourself?
express yourself?
live fully?
be in the moment?
honor your path and energy?
you'll blossom without trying!

**BLOSSOM
TODAY**



if you go about your day
with a sense of gratitude,
you will find countless
moments to celebrate.

revel in little moments
of appreciation and gratitude
just as much as the
big moments.

TODAY, CELEBRATE TWO REASONS YOU ARE GRATEFUL.
feel free to share your celebrations.

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light or dark.
energized or drained.
health or sickness.
joy or sorrow.
generous or stingy.
compassionate or cold.
love or hate.



in every situation, you can
choose how you act and what
you nurture. what you choose,
you spread... within you and
in the world around you. your
power is endless.

CHOOSE
YOU

people cannot choose for you who you are. you choose you.
TODAY, CHOOSE YOU!

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how am i in love with life today? it's easy to fall into routines where we forget how privileged we are, not for material situations, but for our invaluable riches — people who love us, people we love, our health, beauty we can appreciate, the life we can lead if we choose, and our freedoms.



how am i in love with life today?

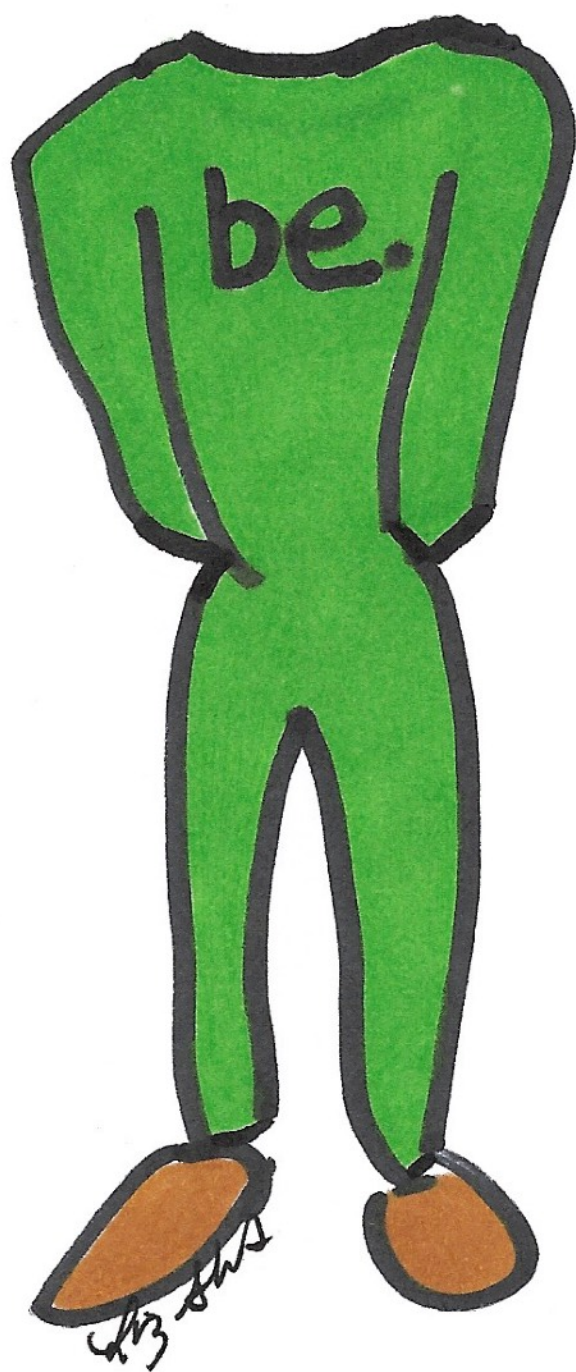
When we choose to remember and be aware of how and why we are in love with life, our entire being is focused on seeing and appreciating love — notice how your body, your stress level, your day is when you focus on how you are in love with life.

TODAY, FIND 5 WAYS YOU ARE IN LOVE WITH YOUR LIFE... and say a thank you for each.

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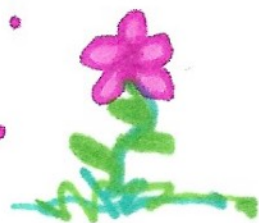


now



BE. NOW. be in the moment for an entire hour today. work up to a full day where you live only in the now. notice how being present is easier... no unnecessary and unreal or fabricated stress by lopping in your head about the past or the future, and no missed opportunities when you're fully here. now.

WHERE ARE YOU?
NOW, BE.



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Where is love in your day?
do you express it when you feel it?
are you afraid of what would
happen if you accept love and give
it freely? love is life. giving
love fills you with joy.
receiving love helps you soar.

but if you're not
used to giving
and accepting
love,
it can
feel odd.



TODAY, TAKE LITTLE
LOVE STEPS.

accept and embrace the gift
of love one time today when
someone gives you love.
and at least one time today, give love
without wanting anything in return.
what is love? you'll feel it.



these are the simple secrets to a happy day:

 lie in the sun

 roll in the grass and put your paws in the air

 ride in the car with the windows down and your head out the window

 snuggle

 nap lots

 wag when you're happy

 walk through your neighborhood to smell it and hear it... and you'll see it in a whole new way

 hold paws

 lick your food bowl clean



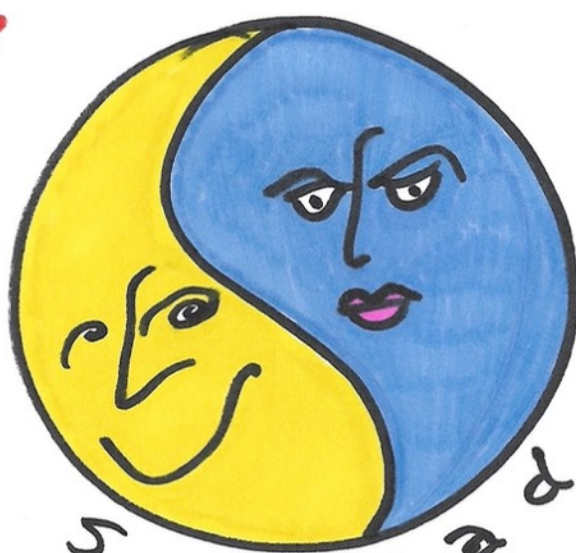
Zoë is my wise dog. she has taught me the simple steps to a life overflowing with love and beauty. at first glance, they may seem juvenile, but when you do them, you rediscover the profound joy and beauty in simplicity and you reconnect to yourself and the world around you.

TODAY, TRY ZOË'S ZEN:

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smile at a stranger.
help someone.
be thankful and gracious
when people help you.
listen to someone
who needs
to talk.
hug someone who
looks like they need one.
love from your heart.
share yourself,
your time, your things.



Your light is endless.
You never run out.
When you spread your light,
you inspire others
to share theirs.
Imagine the
worldwide difference
your actions and your
light can make.

TODAY, SPREAD
YOUR LIGHT
AT LEAST THREE
TIMES.



honor your truth.

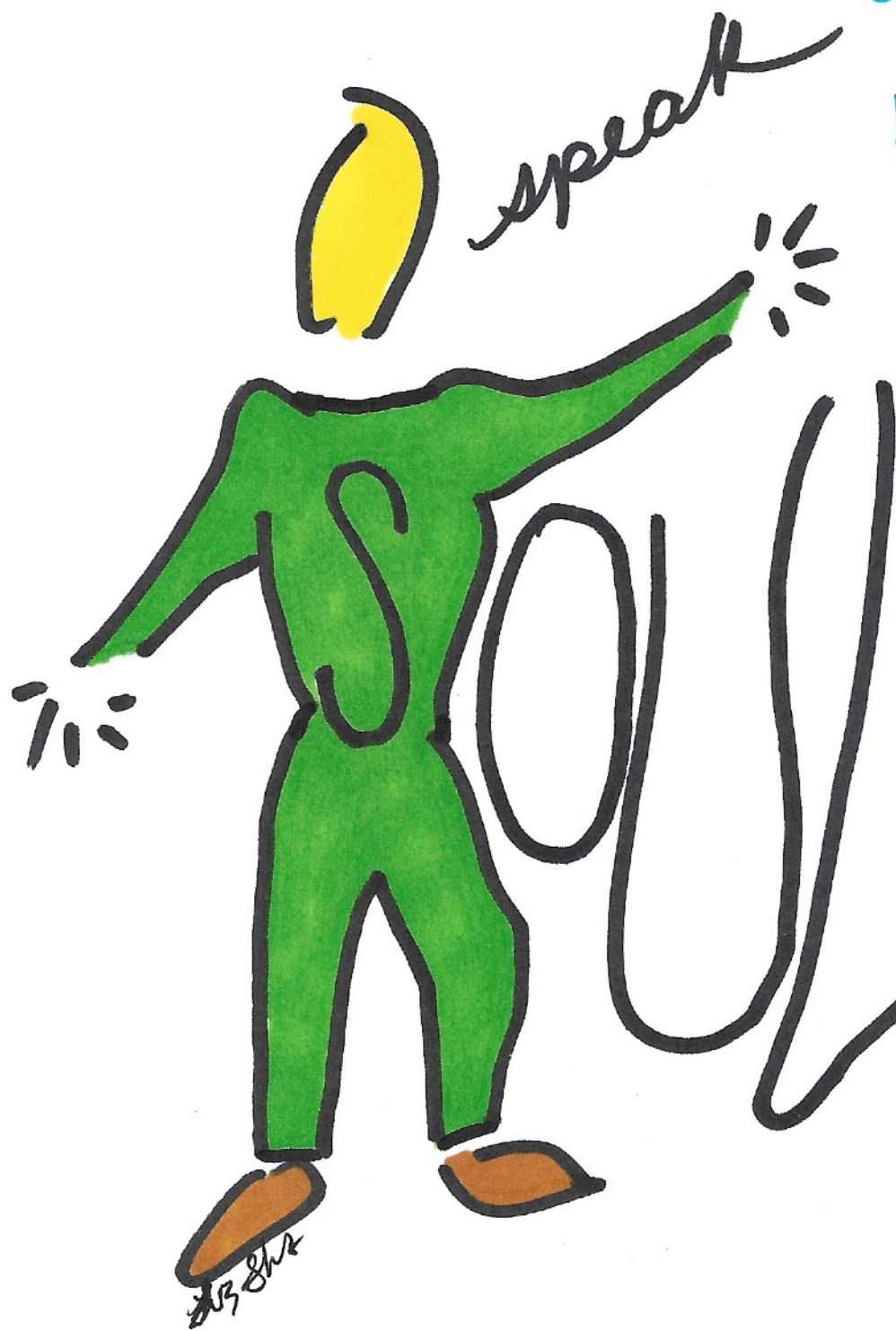
When you feel something strongly —
at a cellular level — this is your soul
speaking to you. This is not the voice

that's judgmental or critical or
self-doubting. Truth is the
first voice you hear within
before your rational thoughts
jump in to protect you.

Your truth is your path.

When you honor that,
your life has incredible flow —
it's an amazing way of
living. Remember, though,
that your truth won't be
others' necessarily.

honoring
differences
and truths
is key
for all of us.



TODAY, SPEAK YOUR TRUTH.

live your truth.

Challenge yourself to be true to you
in every interaction.

SPEAK FROM YOUR SOUL TODAY.



feeling stuck anywhere
in your life? visualize yourself
as a sprout, climbing through the
weeds, stretching towards the sun.
Stretching can feel
CHALLENGING when we're
not used to it, but it
AWAKENS us and RECHARGES
us ... and all kinds of juicy new
things happen when we stretch.

TODAY, BE A SPROUT. stretch. try
something beyond your norm.
rise above yourself. inspire.
be inspired. grow. notice how
energized and jazzed
you feel.

be

the

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p.s. sprouts need substantive
food to outgrow the weeds, not
empty calories and junk food.
feed your soul and body with
good sprout food today.



Sproutdeezines
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