

MOMENTS OF TRUTH

Signs of Having Breathing Space in Your Life Again

- You wake up naturally, without an alarm clock, and have time for reflection each morning.
- You leave the workday on time, engrossed with what's next, without thoughts of work.
- You play with your child for hours on a Saturday afternoon without concern for time.

- You eat dinner early in the evening, at a leisurely pace.
- You re-subscribe to the local community theatre's fall series.
- You re-engage in a hobby with renewed enthusiasm.

- You make a new friend about once a month.
- You book a cruise or trans-Atlantic trip for the first time in years.
- You volunteer for a charitable activity that has interested you for a long time.

- You notice that your retirement account has grown to a lofty sum.
- You fit into clothes you once put away because you'd outgrown them.
- You take naps throughout the week and feel good about it.

- You view a sunrise nearly once a month and see many sunsets.
- You frequent some of the area's best parks. Occasionally, you feed the ducks.