



Vacations — Are They an Expense or Investment?

5 short days and many energizing moments helped me remember the importance of recharging my battery and as well as energizing my well being. With grand impulse — a flyer came in the mail advertising a trip. I got the mail at 1:00 and by 1:30 Danielle and I had the last two seats on the plane for a trip to Laughlin, Nevada — only two weeks away.

Danielle and I stepped out of our normal daily routine and strengthened our relationship, learned about the Spanish culture in Nevada and met a nurse who was actually cold because it was only 103°F instead of the usual 120°F.

We had delightful “people finds” including Gaylan from Amery, Wisconsin, and a totally life-loving 80 year old named Lynn from California. Physically we energized with sleep, ate lots of fruit and had total brain “shut off,” as our biggest task of the day was trying to decide where to eat dinner. (Laughlin is small!!)

I believe vacations are not an expense, but an investment. Each year I take several vacations — one day to two weeks. They give me something to look forward to. They create a “stop” to my life and give me time to reflect, recharge and meet new people and learn new things. When I return I do have a lot of work to catch up on and too many emails. But also waiting for me when I return is the law of attraction. I am so happy from the inside out that I attract more abundance — more happy people, more speaking engagements, and more happy moments. I want to live in my life in the moment and have no regrets. I am not living on the edge anymore.

I wish for you to live in your life and energize your well being and while you are at it — take a vacation. You will be savoring your life. Go for it!

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