



One Less. One More. Daily Steps

1. Start now.
2. Come present.
3. Consciously choose to follow your heart, be happy and change slowly.
4. Today, choose one less negative, resistant, or bad feeling, thought or action, and let it go. One Less.
5. Today, choose one more positive or good feeling, thought or action, and embrace it. One More.
6. Celebrate your progress.
7. Repeat tomorrow.