

# PRESERVING YOUR BLOOM

## SIX STEPS TO LIVE THE LIFE YOU CRAVE



### Self-Care

Tend to your own needs, so you can tend better to others' needs.

### Growth

Pursue new experiences that keep you vibrant.

### Leisure

Pause to refresh, renew, and reinvigorate.

### Relationships

Invest in love, camaraderie, and collaboration.

### Communication

Listening, empathy, and connection are the basis of being heard.

### Spirituality

Find meaning, solace, and your center.