

Set Your Intention

Dear Catherine,

Hope you're having a great weekend. On Sundays, I love to wake up early, and plan my week over a cup of hot, flavourful coffee. Set my intention for the week. Review the last week to see what I have accomplished, and review my overall personal and business goals.

Set Your Intention. I have found that I am a much more grounded person, when I do this. ... and more inspiration comes to me. I feel better about myself, and what I am accomplishing with my short-legged life. As a result, I have a more positive impact on my family, teammates, and Beatrix (our little 7 mo. Boston Terrier).

Just for Today, I invite you to set your intention for the day. Are you going to have a productive day? Are you going to be positive today? Or is today the day that you see all the good in people? No matter what you set as your intention, your day will more than likely unfold exactly as you have intended. You lead your day.

My hope is that these thoughts, which I am committing to send out on a weekly basis (at least for the month of July) will inspire you to do something similar in your life.

Yours in wellness,
Cat.

Good Habits: Ever-engaged Abs

Everyone wants good abs. When we sit, we tend to relax the abs. If we sit for long, we start to feel it in our back. The next time you are sitting for a long time, try this:

- Engage your abs for 10 seconds.
- Release.
- Repeat this 3 times, each time you sit.

Slowly you will build up your 'engaging' time to the point where your abs are constantly slightly engaged. You can do this anywhere you are: in a restaurant, at the park, anywhere you sit.

This helps to keep your tummy in line; your core strong.



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