



## Alone Time



Make sure you get alone time. Time to just be. With just your thoughts to keep you company. Let your mind wander. See where it goes. You'll discover what is important to you . . . what you find yourself wishing or dreaming about. And this, my friends, is how and when you get connected to your soul. And once you are connected, you'll know what you need, what you want, what you're all about. You'll find yourself. You'll feel whole.