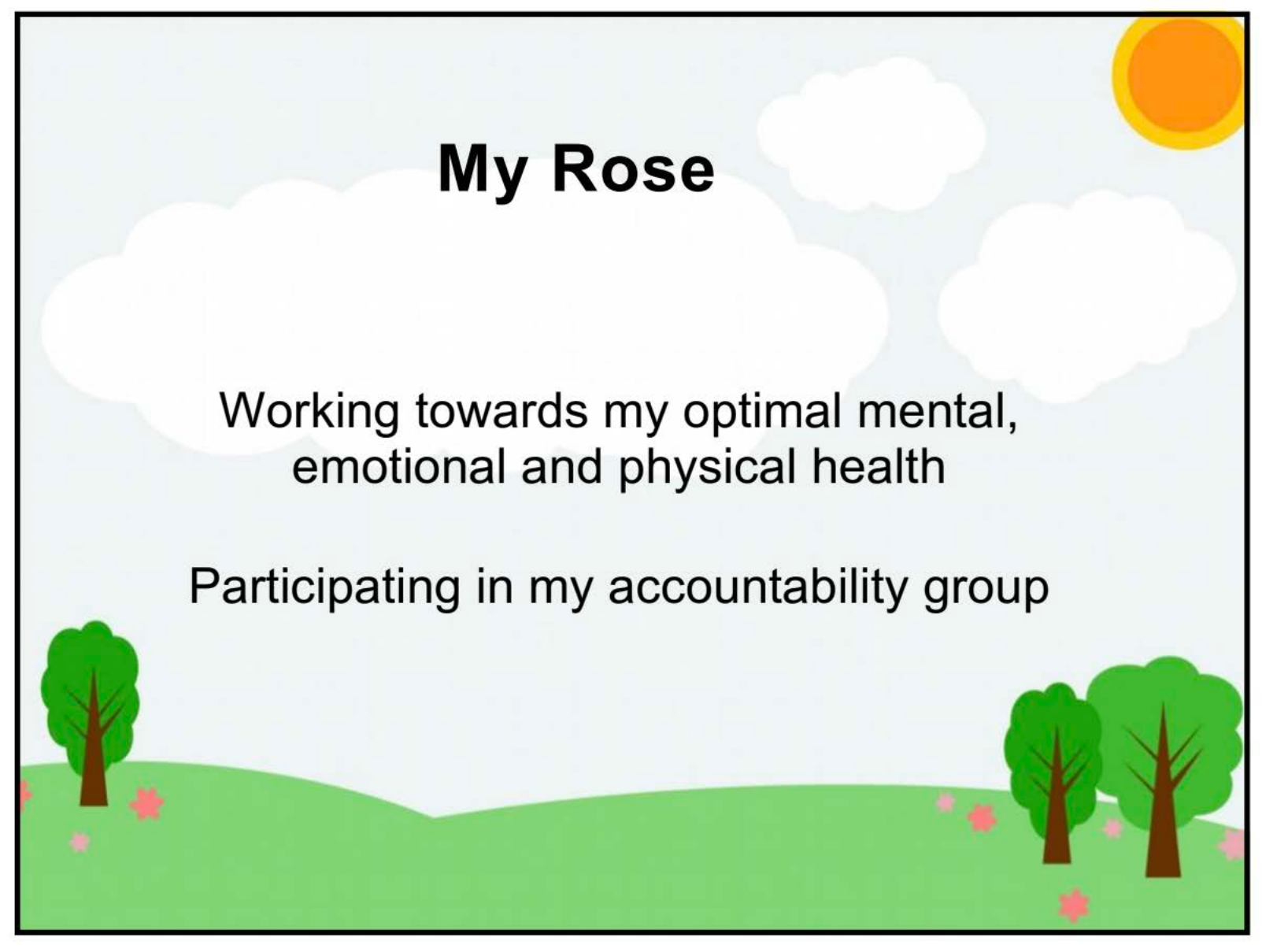




My Rose

Working towards my optimal mental,
emotional and physical health

Participating in my accountability group

My Thorn (a little bit of Bud too)

Working in local government in today's
political environment



My Bud

- Finding Balance between work and home-
 - Re-learning how to quilt properly
- Educating myself on Roberts' Rules of Order
- Learning about Local government & its many facets
 - Allowing myself some GRACE!!



Juicy Peach

- Attending Aging Strong Retreat
- Implementing and accountability for mental and physical exercise- walking with friends & tai chi exercises
- Developing a more professional persona- participating in like-minded groups/activities

