



# THERAPIST REFRESH

HEALING FOR HEALERS



Monday Mantra \* September 10, 2018

## You are Serving

How do you feel when you wake up to greet Monday morning?

It's natural that at times the routine of our lives can grow weary or feel understimulating. And with our work, in particular, there may be Mondays we wake where we feel worried, unsure, or overwhelmed, longing for more weekend.

In case that's you this Monday, or another Monday, we want to remind you that you have given, and are giving, the world an incredible gift.

There are certain values that most of us can agree are important to help contribute to a more healed, whole world.

Compassion.  
Connection.  
Commitment.

You offer these, and more, each day. You are a light for your clients in their darkness.

In serving each individual today, you are serving all of humanity. Thank you for your good work in the world.

We wish you good healing,  
Sharon + Carryn