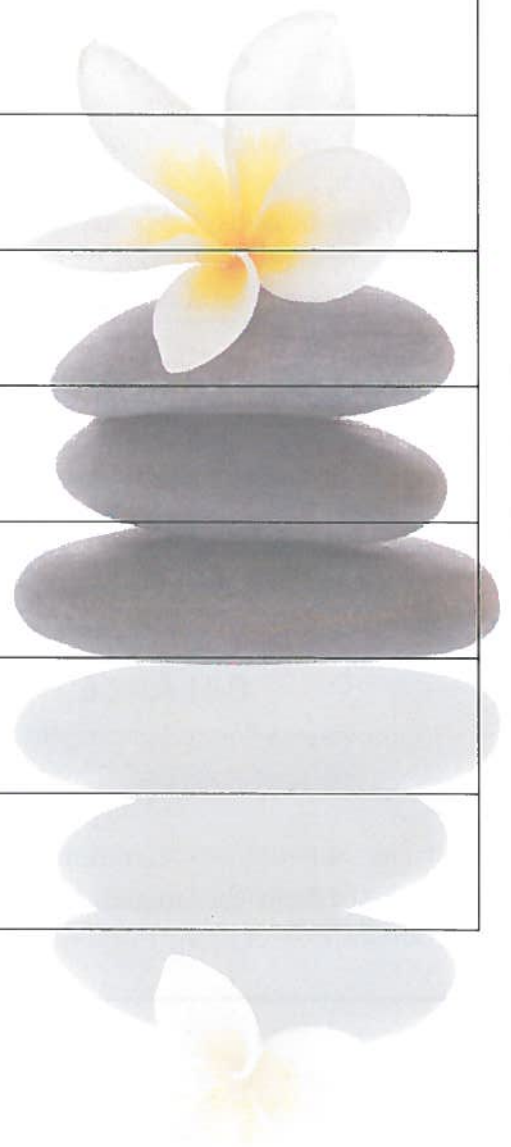


My Zero to Zen Actions

Strategy	Doing it ✓	Want to try it!	Ideas for Action
LAUGH			• •
REFRAME			• •
CONNECT			• •
PLAN			• •
BALANCE			• •
MOVE			• •
RENEW			• •
UNWIND			• •
IMAGINE			• •
BREATHE			• •



LAUGH • <i>Creating Your Best Life: The Ultimate Life List Guide</i>, Caroline Adams Miller, 2011. • Instant Recess, http://www.toniyanney.com/home.html • Pinterest: http://pinterest.com/ • <i>Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul</i>, Stuart Brown, 2010.	MOVE • 2008 Guidelines, www.health.gov/PAGuidelines/ • American Council on Exercise (exercise video library/Fit Facts/wellness podcasts), www.acefitness.org • CDC Physical Activity: http://www.cdc.gov/physicalactivity/ • Let's Move, http://www.letsmove.go
REFRAME • <i>Good Morning: 365 Positive Ways to Start Your Day</i>, Brook Noel, 2008. • GratitudeLog ☺, www.gratitudelog.com • <i>Happily Grateful</i>, Dan Zadra, 2008. • <i>Learned Optimism</i>, Martin Seligman, 2006. • Life is Good, http://content.lifeisgood.com/goodvibes/home	RENEW • <i>The Five Good Minutes Series</i>, Brantley & Millstine. • <i>Power Sleep</i>, Dr. James B. Maas, 1998. • <i>Take a Nap! Change Your Life</i>, Sara Mednick. • National Sleep Foundation, www.sleepfoundation.org
CONNECT • <i>Experience Life Magazine</i>, http://experiencelife.com/ • <i>The Five Dysfunctions of a Team</i>, Patrick Lencioni, 2002. • <i>The Happiness Project (and One-Sentence Journal)</i>, Gretchen Rubin, 2011. • <i>Vital Friends</i>, Tom Rath, 2006.	UNWIND • Ball Dynamics, www.ballodynamics.com (spiky ball) • Gaiam, www.gaiam.com (AM/PM Yoga For Beginners DVD; yoga resources) • <i>The Reflexology Manual</i>, Pauline Wills, 1995. • <i>Stretching</i>, Bob Anderson, 2010.
PLAN • <i>Getting Things Done</i>, David Allen, 2002. • <i>Organize your Mind, Organize your Life: Train your Brain to Get More Done in Less Time</i>, Hammerness & Moore, 2012. • <i>The Seven Habits of Highly Effective People</i>, Stephen R. Covey, 2004.	IMAGINE • 2014 Colorado Vacation Guide, www.colorado.com/ • <i>Essentials of Managing Stress, Second Edition</i>, Brian Luke Seaward, 2011. • www.donothingfor2minutes.com • Lifescapes CD/DVD: www.amazon.com (Zen Garden)
BALANCE • <i>Boundaries: When to Say Yes, How to Say No to Take Control of Your Life</i>, Cloud & Townsend, 2007. • <i>Strengths Finder 2.0</i>, Tom Rath, 2007. • <i>Where to Draw the Line: How to Set Healthy Boundaries Every Day</i>, Anne Katherine, 2000.	BREATHE • <i>One-Minute Mindfulness</i>, Donald Altman, 2011. • <i>Mindful Magazine</i>, http://www.mindful.org/mindful-magazine • <i>Mindful Movements</i>, Thich Nhat Hanh, 2008. • <i>Wherever You Go There You Are (book/audiobook)</i>, Jon Kabat-Zinn, 1994. • <i>YOU Breathing Easy CD</i>, Roizen & Oz, 2008.