

As someone who grew up extremely out of shape and overweight, running hasn't always been easy for me and certainly not enjoyable. I have found though in recent years that running is a time for me to meditate and work through a variety of thoughts and issues. On a run recently I began to think about different family members and friends who have been experiencing burnout of varying degrees and discouragement.

Some are getting over massive loss. Some are experiencing depression. Still many more are battling severe weight gain. Seeing my loved ones in this state has been weighing on me mentally and emotionally. As these issues tumbled through my mind I also considered things in my own life. The miles rolled on and I considered what I could do to help.

777. I plan to encourage the people I love to love themselves (spirit, soul, and body) in 7 minute increments per day. 7 minutes for their spirit (pray/meditate/read The Bible). 7 minutes for their soul-these 7 minutes are to love yourself through self care (create, drink coffee, check instagram, whatever brings a smile). Lastly, 7 minutes for the body. (Drink water, going for a walk, stretching, etc) This list isn't exhaustive, but instead it is meant to be a practical signpost to love ourselves.