

July 2023

Golden Life Lessons from Sterling



Presented by Stop Breathe Believe® & Dianne Morris Jones



Day 1

Allow Your Eyes to
Radiate the Love in Your
Heart

Photo taken in West Des Moines, Iowa.



Day 2

**Always Greet Others
with a Kiss When They
Come Through the Door**

Photo taken in West Des Moines, Iowa.



Day 3

**Bask in the
Seasons**

Photo taken at Brenton Arboretum, Iowa.



Day 4

**Bask in the Sunlight as
You Listen to Great
Music**

Photo taken in Dallas, Texas.



Day 5

**Be Patient in an
Airport and Be
Adventurous in
Travel**

Photo taken in Dallas, Texas.



Day 6

**Bundle Up and Play
with Others**

Photo taken at Maffitt Lake, Iowa.



Day 7

**Get Out in Nature and
See Things from a
New Perspective**

Photo taken at Atlanta State Park, Texas.



Day 8

**Savor the Sunshine
and Coffee in Your
Jammies in the
Mornings Together**

Photo taken in West Des Moines, Iowa.



Day 9

Consider Journaling as
a Way to Understand
Your Feelings

Photo taken in West Des Moines, Iowa.



Day 10

**Let Others Love on
You**

Photo of Sterling and Everest taken in Dallas,
Texas.



Day 11

**Draw Close to Others
That Aren't Like You**

Photo taken in Waco, Texas.



Day 12

**Find Someone You Can Look
Up To**

Photo of Sterling and Everest taken in Dallas, Texas.



Day 13

Give Lots of Kisses

Photo taken in West Des Moines, Iowa.



Day 14
Help with the Dishes

Photo taken in West Des Moines, Iowa.



Day 15

Hold Hands Often

Photo taken in Dallas, Texas.



Day 16

**Hold Others
Up**

Photo taken in Dallas, Texas.



Day 17

Just Jump

Photo taken at Lake Kemp, Texas.



Day 18

**Take Lots of Pics
with Friends and
Cherish the Moment**

Photo of Sterling and Everest taken in Dallas, Texas.



Day 19

**Put Your Hand on
the Shoulder of
Others for
Support**

Photo taken in Dallas, Texas.



Day 20

**Run and Play
with Joy**

Photo taken at Walnut Woods, West
Des Moines, Iowa.



Day 21

Savor the Snow

Photo taken at Walnut Woods,
West Des Moines, Iowa.



Day 22

**Savor the
Sunsets**

Photo taken at
Red Rock Lake, Iowa.



Day 23

**Spend Time in
Wildflowers**

Photo taken at Canyon Creek Nature Preserve,
Richardson, Texas.



Day 24

**Stay in Fun Hotels and
Sleep in Once in a While**

Photo taken in Kansas City, Kansas.



Day 25

**Take Tongue-
Wagging and
Multi-Step Walks
with Others**

Photo taken at Caddo State Park, Texas.



Day 26

Teach Others the
Finer Things in
Life

Photo of Sterling and Everest
taken in Dallas, Texas.



Day 27

**Welcome Others into
Your Home and Your
Heart**

Photo taken in Dallas, Texas.



Day 28

**Be Present with Your
Friends When They are
Sick**

Photo taken in Dallas, Texas.



Day 29

**Reading Enriches Your
Life - Fireside is a
Bonus**

Photo taken in West Des Moines, Iowa.



Day 30

**Paint Your Nails
with a Friend -
Self-Care is Not
Selfish**

Photo taken in Dallas, TX



Day 31

**Take Time to
Smell the Flowers**

Photo taken in Pella, Iowa.