



embodied
POSITIVE PSYCHOLOGY
SUMMIT

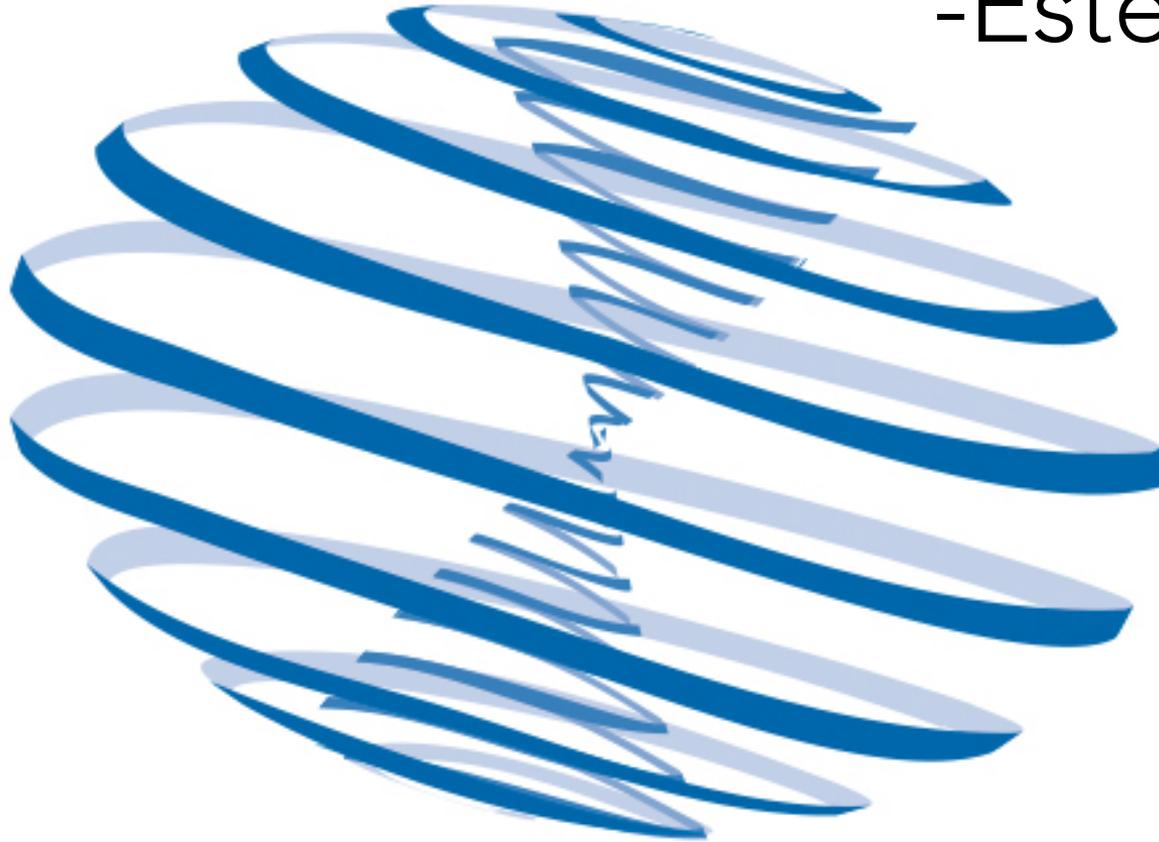
April
26-29
2016



Enlivening the Next Steps

Megan McDonough

“Growing out into myself.”
-Estella



S

SPIRITUAL

Leading a meaningful life and mindfully savoring the present.

P

PHYSICAL

Caring for the body and tapping into the mind/body connection.

I

INTELLECTUAL

Engaging in deep learning and opening to experience.

R

RELATIONAL

Nurturing a constructive relationship with self and others.

E

EMOTIONAL

Feeling all emotions, reaching towards resilience and optimism.

How did you grow out into yourself?

Journal.

Share in dyads.

We're
never
balanced.

We're
always
balancing.



Where's
my
plumb
line?

NOW

What's already plumb/centered?

Write about your inSPIREd life.

Share.

My inSPIREd Story



Living fully is critical to me.

I love yoga in the morning.

New adventures feed me.

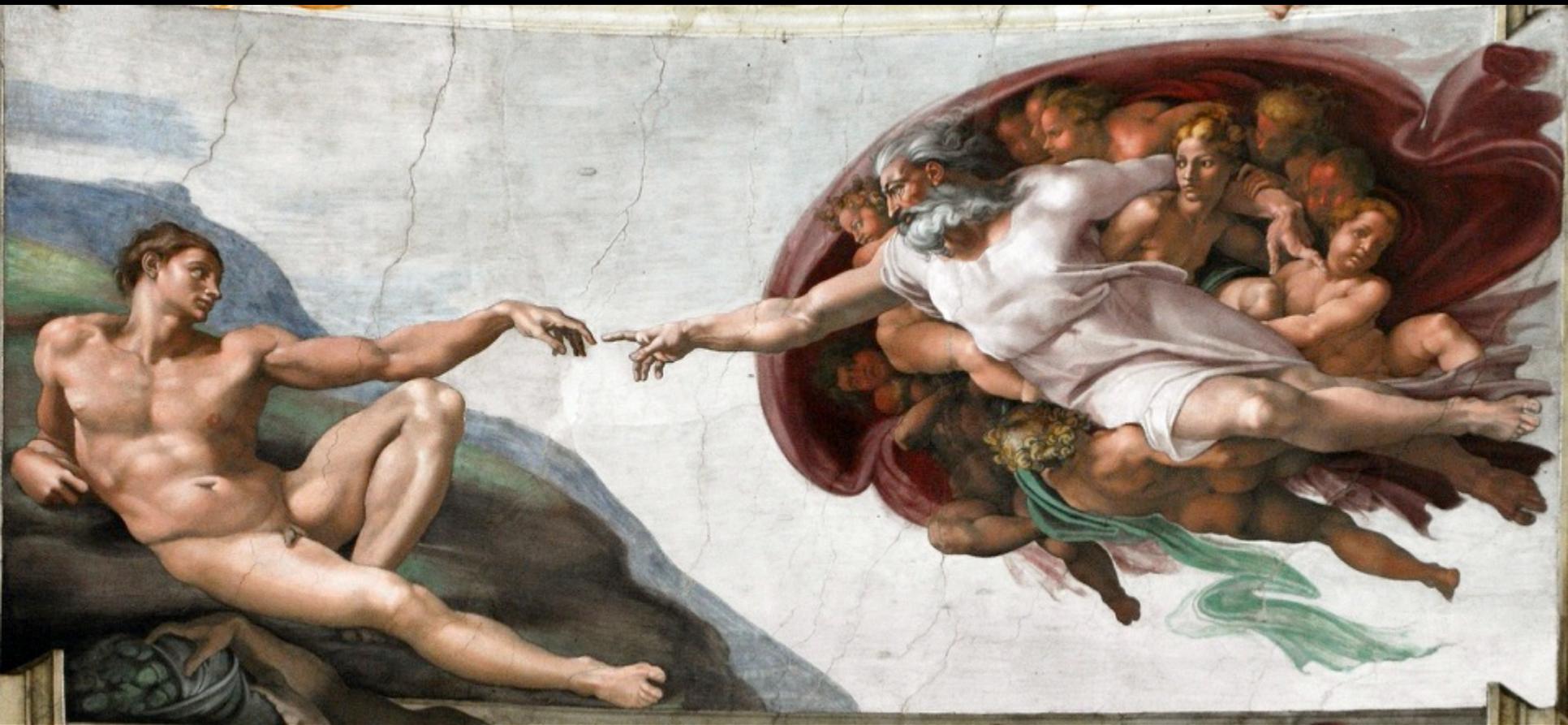
I love my family.

Laughing works.

NEXT

What 's the main one you lean on for prioritizing positivity?









Let Your Yoga Dance®
Megha Nancy Bittenheim, M.A.

Let's be the
renaissance
thinkers and
doers of this
millennium.

You make it really
real everyday.

May you enjoy
being you.

Thank you!



- Circle thanks to:
 - Sponsors (University of Missouri, Strengths Clusters, ALLE LLC)
 - Kripalu (Leisl, Luke, Matt, A/V, production, kitchen, housekeeping)
 - Speakers (speakers sessions, pre-summit, summit)
 - Volunteers (All)
- Special line thanks to:
 - Paula Hurd
 - Sonja Craig
 - Susan Beckman Reagan
 - Ruth Pearce