

# Pass The M.I.C. - "12 Days of Recess-Day 5"

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 [www.speedraceing.com/blog/pass-the-mic-12-days-of-recess-day-5](http://www.speedraceing.com/blog/pass-the-mic-12-days-of-recess-day-5)

**Good Morning!** I love it when family and friends support my crazy ideas. On day 1, I was asked, "So what are WE doing for 12 days of recess?". Priceless!!

12 days of recess is a great way to schedule some "**Good Times**" with your "Programmed Times". As an adult, we're so programmed to work, work, work. Even when a fun moment arrives, we multi-task right through it instead of enjoying the moment.

## **Okay, so what have I done so far?**

Day 1: 30min DVD with Sean T's "Hip-Hop Abs". His cardio workout is hilarious. My favorite part is when he says, "Oh my goodness, that's my song!". Day 2: Watched the first 3 episodes of "This Is Us" with my best friend. Day 3: Ventured out to get reacquainted with my old gym. We lost contact with each other months ago. I was very proud of myself for being able to just jump back into a class and power through 30 minutes of high-intensity cardio until I looked at the clock and found out that only 5 minutes had passed. **But you can't steal my joy, I feel good!** Day 4: Played a Van Gogh memory & art game that I've had forever but never played. It would still be on the shelf right now if I wasn't participating in "12 days of Recess".

Somebody had a great idea! LOL!

## **MUSIC**

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## **INSPIRATION**



FB.ME/MinionQuote

Enjoy the little things in life,  
for one day you may look back and realize they were the big things.

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## CHOCOLATE



**Enjoy your week and don't keep this smile to yourself...Pass The M.I.C.**