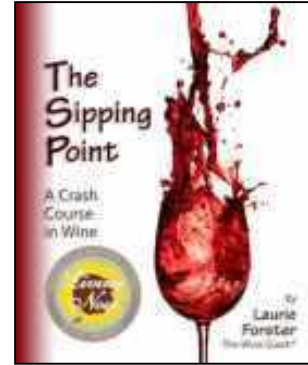


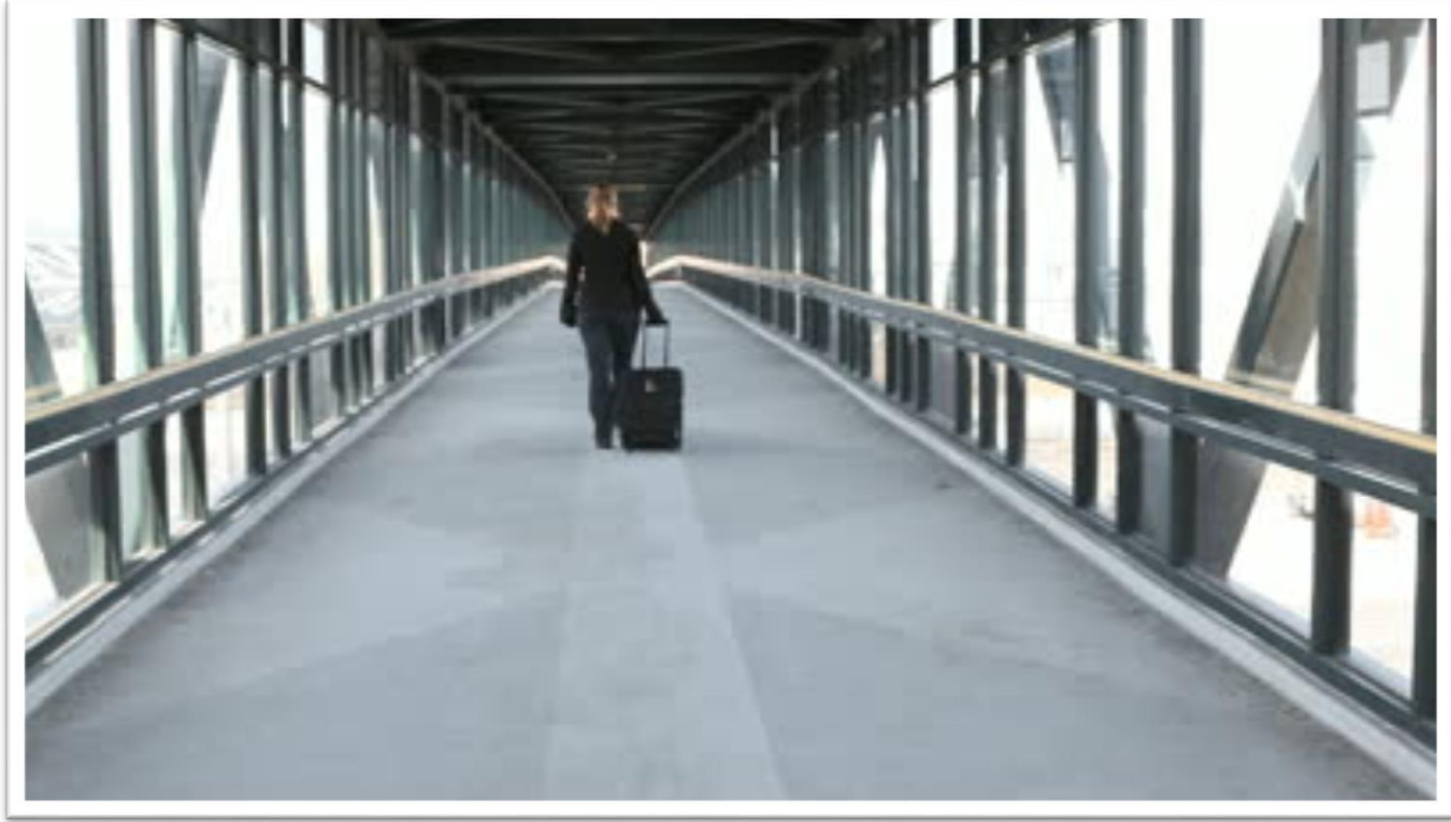
You Uncorked!

Uncork Your Best Vintage Ever





Moments of Clarity



Listen!

Uncork Your Best Vintage



1. Know YOUR Palate
2. Order It
3. Savor Every Sip

Step 1 - Know YOUR Palate

Forget Labels



Don't Compare Contrast



Step 1 - Know YOUR Palate

Critics vs. Friends



Step 1 - Know YOUR Palate

Taste Test



Step 1 – In Action

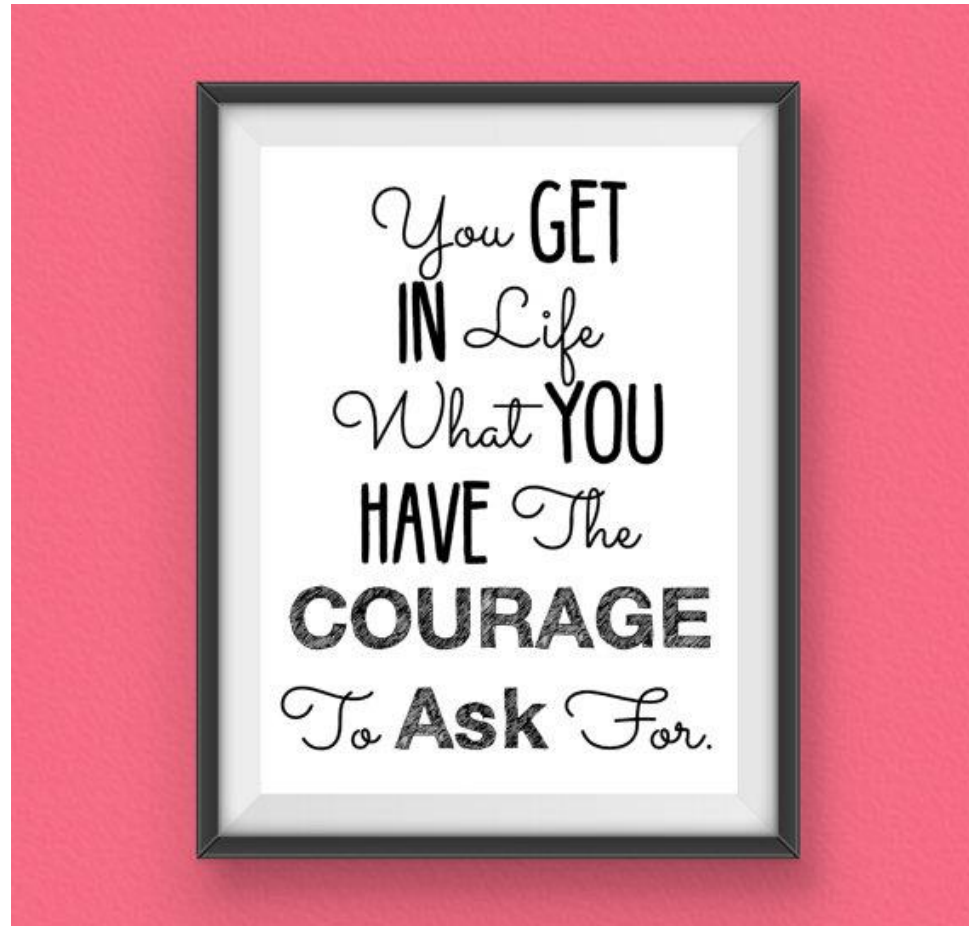
- ▶ Make a list of 3 things you want to “Taste Test” in your life in the next 3 months.
- ▶ Share with your table and commit to one.

Idea into Action



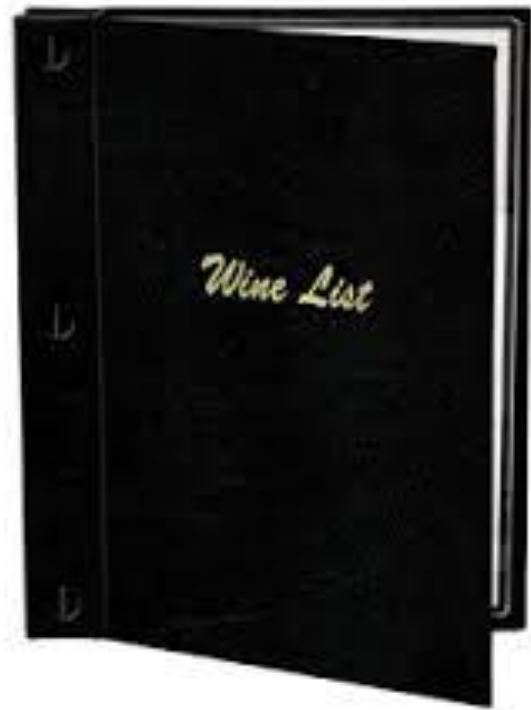
Step 2 - Order It

Ask First...details later



Step 2 - Order It

Not on list? Order Anyway



Step 2 - Order It

Send Back if Needed



Step 2 – In Action

- ▶ What is that one thing you want but have not asked for yet? Write it down...don't censor yourself or try to be practical.
- ▶ Share with the person next you and then share with someone close to you at home.

Backseat Perspective



Step 3 - Savor Every Sip

Slow down...



Step 3 - Savor Every Sip

Self Care



Step 3 - Savor Every Sip

Practice Gratitude

— TODAY I AM GRATEFUL FOR: —

1.

2.

The Dillard House

3.

4.

5.

R. NICHOLS



Step 3 – In Action

- ▶ Make a list of 5 things you are grateful for right NOW. Share with your table.
- ▶ Commit to 1 thing you'll do when you get home to carry on the practice of gratitude.

Jelly Bean Exercise



Tonight's Toast... Uncorking Your Best Vintage EVER!

