**URBAN Trail**

**Purpose**

*Curas Personalis: care of the mind, body and spirit*

- **U** = U
  - What gets my attention?
  - What am I letting in?

- **R** = Reframe
  - How can I reframe my perspective?

- **B** = Balance
  - How can I balance my bad news with good news?

- **A** = Appreciate
  - Who or what can I appreciate?

- **N** = Nourish
  - How can I nourish my mind, body and spirit with good news?

- **Pass it On**
  - How can I pass on good news to others?