



URBAN Trail Purpose

*Cura 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?

