



Live Curiously Weekly

## Description

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Are you ready to be inspired or try something new? This is week two of Live Curiously Weekly. If you missed week one you can read it [here](#). I'm going to do my best to share my finds weekly, but sometimes things don't always go as planned. There are some weeks I have more ideas than I know what to do with and other weeks where I'm feeling totally uninspired. In the spirit of summer I'm going to just go with the flow.

This week's **Live Curiously List**

**To Make:** [Driftwood Mirrors](#)



# Easy Driftwood Mirror



I havenâ€™t had the time to be too crafty lately. Iâ€™ve been dreaming of the beach and I love this [DIY Driftwood Mirror](#). Driftwood isnâ€™t easy to come by in Kansas, but Iâ€™m thinking I may be able to find it at craft stores. This [smaller drift away mirror](#) is probably more manageable for me and Iâ€™m really into sunburst mirrors right now.

**To Eat: [Spicy Pineapple Coleslaw](#)**

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If youâ€™re looking for a side nice dish to compliment your BBQ this weekend try this [spicy pineapple coleslaw](#) from Martha Stewart. I made it several weeks ago and it was a nice alternative to your typical mayonnaise based coleslaw. I used a bag mix and omitted the mint. I also just used one jalapeÃ±o

because I didnâ€™t want it too spicy.

**To Inspire:** [Gratitude Physically Changes Your Brain](#)



Iâ€™ve been surrounded by negativity the past few weeks (some of it my own) and need to focus on being positive. I found [this article](#) on gratitude interesting. According to Inc. Magazine, neuroscientists have found the more you practice gratitude the more your brain adapts to this mindset.

**To Explore:** [Seaside, Florida](#)



Iâ€™m heading back to Seaside, Florida this summer. I shared some of [my favorite places to check out](#) if you ever find yourself in this quaint little beach town.

**To Discuss: [The importance of moving.](#)**

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♥ *thank your body*

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5 foolproof ways

I have a confession to make. I quit using my [Garmin Activity Tracker](#). I still think it's a great tool, but I'm not one of those people who makes it their mission to get in 10,000 steps a day. However, I do feel it's important to move every day. I have seen a huge difference in the quality of life of older people who are active compared to those who are mostly sedentary. I found [this article](#) on the importance of exercise and tips to move more and better.

### **To Watch: Naked & Afraid Celebrity Edition SNL**

My friend Anne shared this video with me and I never get tired of watching it. If you have ever watched the television show *Naked & Afraid* and if you love Peter Dinklage (like I do) from *Game of Thrones* you will love this video. On a side note, there isn't enough money in this world to entice me to be on *Naked & Afraid*.

**To Reflect: [Diving In](#)**

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My son is leaving for France on Saturday to participate in a work-study program through his University. A few years ago I shared how I was proud of how my kids were diving into new opportunities instead of letting fear hold them back. You can read the post [here](#). I've been irritating my son with thousands of questions and wanting to go over checklists to make sure he's prepared for every possible situation. At some point I have to trust he will figure things out and if not his father is only a text message away. I purposely stated father because I'm not the one you want to call in a crisis situation.

What are some things you've been diving into this week?

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**Author**

queenie

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