

STILLNESS

I THRIVE IN STILLNESS.

My strongest self takes shape in stillness:
I will find a moment, a period of time to become motionless,
recognizing the power in suspending motion.

SURRENDER

I THRIVE BY SURRENDERING.

My strongest self takes shape by surrendering:
By pausing in breath, mindfully concentrating on inhaling and exhaling. Inhaling fresh oxygen, energetically refreshing and filling me. And then surrendering to the breath and exhaling to release anything holding me back—freeing my mind to create.

NOURISH

I THRIVE THROUGH NOURISHMENT.

My strongest self takes shape through nourishment:
Choosing wholesome nutrient dense foods are the pathway to fuel my mind, body, and soul, reaching the fullest potential to grow and flourish from the inside out.

SELF CARE

I THRIVE BY CHOOSING RADICAL SELF-CARE.

My strongest self takes shape by choosing radical self-care:
A change or action, perhaps out of my comfort zone or far reaching.
Knowing I'm worth the effort to receive as I give—allowing me space to thrive.

COMMUNITY

I THRIVE BY CONNECTING TO MY SOUL AND COMMUNITY.

My strongest self takes shape seeking connection to my soul and community:
Connections with others, nature, and my higher power are methods
to restore, receive, and redefine.

BEAUTY

I THRIVE IN INTENTIONAL BEAUTY.

My strongest self takes shape seeking intentional beauty:
Deciding with purposeful intent to create practices and sight lines that surround me in beauty. To live as art and see myself as a full expression of beauty... For a transformation awaits.