



Lessons Learned 2019

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Photo Bali

Don't ignore *your* intuition.
Trust *your* instincts.

The person that hurt you
cannot heal you.

Your best everything comes
from ease not stress.

Don't let anyone mistreat you.

*Don't stay where you are
not welcomed.*

If you need a break,
take one.

Learn from rejection

Ask for help

Boundaries save time

Learn to say No.

Let go to grow

Lack of self-worth
attracts manipulators

Being Authentic is more
important than being nice.

Be honest
Speak your truth.

Feed *your* focus
Starve *your* distractions

Self-Sacrifice is a Story
Life doesn't have to be so hard

Giving and Receiving Require Balance
