

CULTIVATE

authenticity LET GO OF WHAT
PEOPLE THINK

SELF-COMPASSION let go of perfectionism

a resilient spirit | **GRATITUDE & JOY**
let go of numbing & powerlessness | *let go of scarcity and fear of the dark*

intuition and trusting faith

LET GO OF THE NEED FOR CERTAINTY

CREATIVITY | **PLAY & REST** let go of exhaustion as a status
let go of comparison | symbol and productivity as self-worth

calm and stillness let go of anxiety as a lifestyle

meaningful work | **LAUGHTER, SONG,
AND DANCE**
let go of self-doubt and supposed to | *let go of being cool and in control*

