



I BELIEVE

**THRIVING** is my destiny. Wild Inclusion is my path.  
Being brave takes me closer to everything I want.

Art is my highest calling, & my life is the canvas. *Bliss* is the ultimate muse.  
Life is designed to be too good **AND** true.

Showing up creates **WELL BEING**. Permission flags are my friends.

**PLAY** is sacred, I worship daily at its altar.  
In stillness I find my truth. Daily I lay my ear down to my soul and listen hard.  
Once upon a time is really Here and Now, and I am a fairy tale in the making.  
Magic is my birthright. More is my mantra. I always settle for more.

My heart is my **compass** and I let it direct me.

Mutuality is the guide to all my relationships.

**Longing** is a doorway to **Belonging**, leading me to my passions,  
my purpose, my people.

I pursue what my heart aches for as if my life depends on it. Because it does.

In my **TRUTH** lies my **FREEDOM**.

A vulnerable “No” can be the best gift I give another.  
A daring “Yes” can be the best gift I give myself.

*Happiness* is an inside job. My vibe attracts my tribe.

Lost and Found are not conditions, they’re choices.

I choose **FOUND**. I choose Bliss.

I choose Belonging.

I choose Me.

I CHOOSE, TODAY, TO THRIVE.