

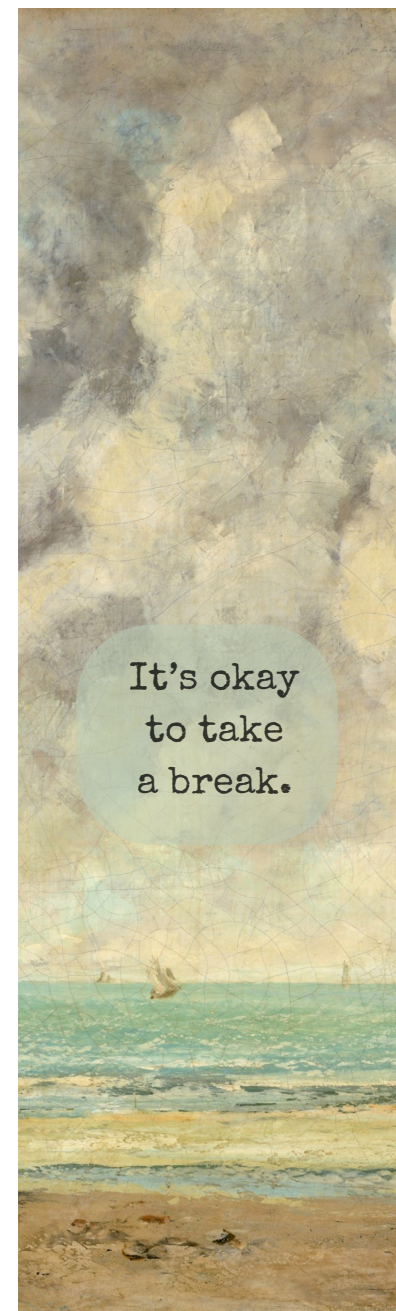
You are
free to be
to be different.
Choose
subtle resistance



One of the
best gifts
you can give
yourself is
boundaries



*live in the
moment*



It's okay
to take
a break.

Rest: (noun) freedom from activity or
labor, sleep, peace of mind or spirit.



I can
grow
my capacity for
hard things.



I do NOT need to do everything all the time.



You have permission
to make
small changes
that work for you.



for Book Clubs or Reading Notes

**Something
I want to
work on.**

notes

**What's one
area of my life
that feels
too full or
overwhelming
right now?**

notes

**What cultural
or personal
expectations
am I carrying
that no longer
serve me?**

notes

**When do I
feel most
like myself?**

notes

Extra Reflection Questions

