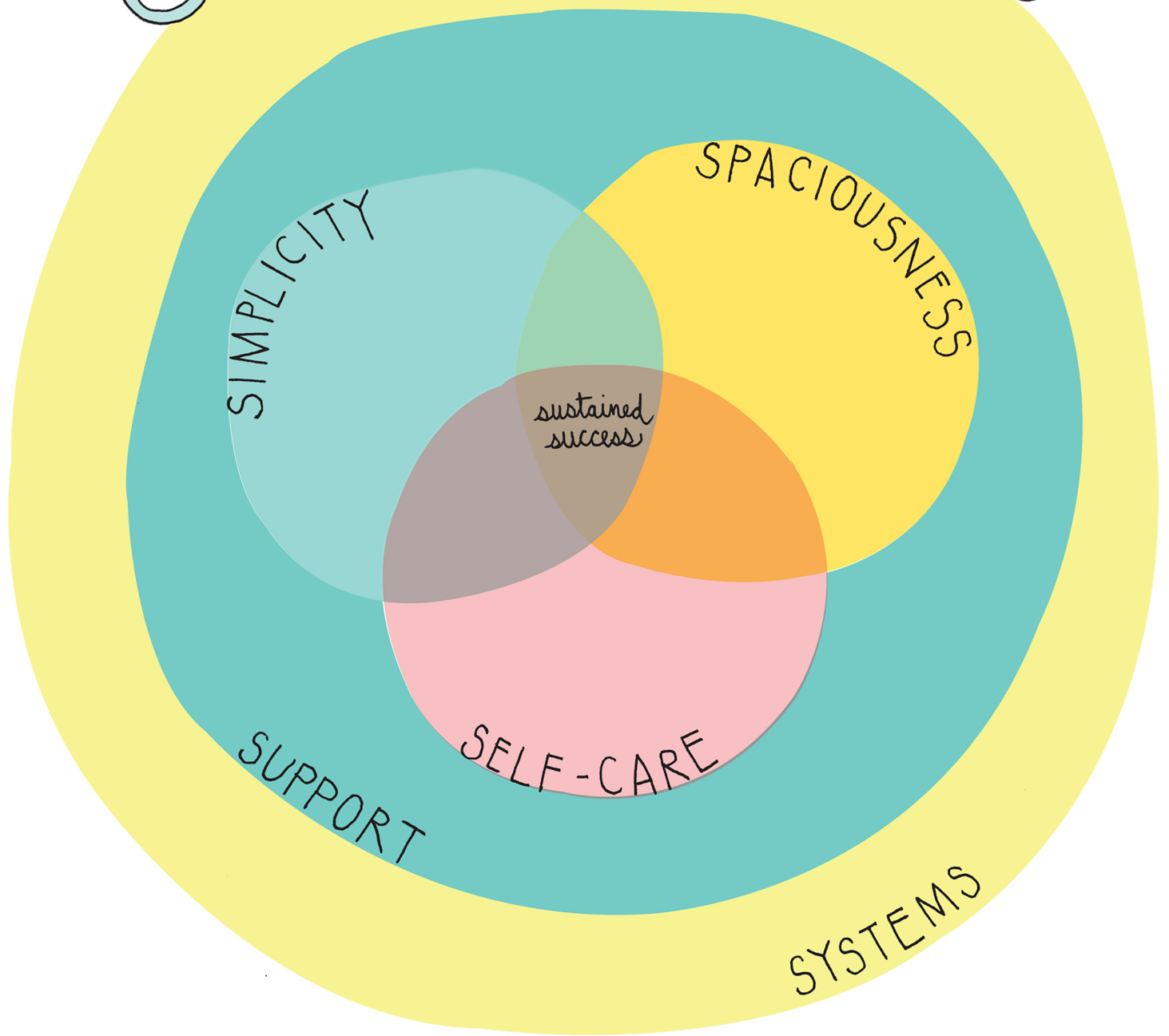


Embracing Ease



- SIMPLICITY: What is the easiest thing to do?
- SPACIOUSNESS: What can you let go of?
- SELF-CARE: What will refuel you?
- SUPPORT: Who can you ask for help?
- SYSTEMS: What processes or tools will make things go more smoothly?