

My Daily Mantras

I LIVE AN INTENTIONAL LIFE

My values and dreams guide my choices

I AM THE ADULT MY CHILD NEEDS ME TO BE

I am response-able, mature and in control of me

I CREATE AN ENVIRONMENT THAT SUPPORTS MY BEST SELF AND THEREFORE OTHERS

My decisions, routines and aesthetics facilitate my
success, growth & happiness

I NOURISH MY HEART, MIND AND SOUL EVERY DAY

I choose food, interactions & experiences that
promote my wellbeing

I LIVE WITH PERSPECTIVE AND GRATITUDE

I am gentle with myself as I lean into growth and awareness
I say thank you all day, everyday, for the gifts in my world