

5 THINGS TO KEEP IN MIND

5 messages for reflection as you navigate
the world with the roles you hold



DISCOVER WHO IS IN THE ROOM

Anxiety can feel like intuition.
Fear may give us advice that results
in self sabotage.
Engage in meditation, arts, prayer,
creativity that allows you to build self
trust and soothe those voices while
not ignoring your instincts.

WE ARE IMPOSTERS (BUT NOT HOW YOU THINK)

Imposter syndrome can make you
doubt yourself, but it is not you.
We are uncomfortable because we
have entered spaces not designed
for us.
And yet, here we are



TAKE CARE OF YOU (SO YOU CAN TAKE CARE OF OTHERS)

Take care of you so that you can
have the energy and joy to take
care of others.
Where it can flow naturally
rather than as an obligation



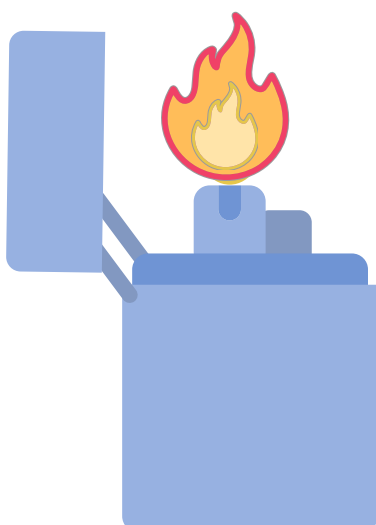
IT IS OK TO BE OK

When we are used to being active,
rest can feel wrong. Restlessness
pops up when we are not being
productive.
Be kind to yourself, it is a muscle
that can be built



DO WHAT YOU WANT (BUT KNOW WHAT YOU WANT)

What is it all for?
Love, wealth, joy, dedication?
Identify your values and desire,
and if it aligns with you, the
flame will continue to burn



FREEDOM RESET SYMPOSIUM



EXTRA FOOD FOR THOUGHT

Nothing is worth losing sleep over

Some days there will be an imbalance where we push our bodies more than others. However, it is not sustainable to not listen to the needs of our body for long periods of time. Rest can replenish and help us go further for longer.

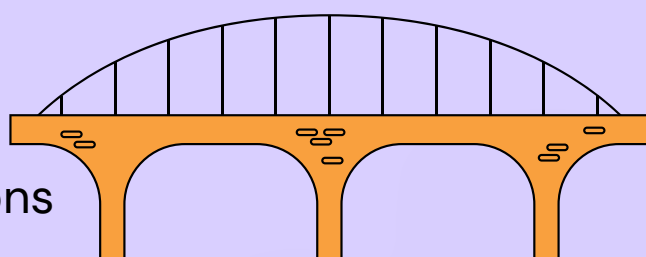


People are not mind readers

The same way we do not know what others are thinking, they do not know what we are going through. It can be vulnerable, but clarity and communication is key in allowing people to note our needs. Sometimes stating the feelings can allow change to happen

Try Boundaries before Burning Bridges

Networking is a professional reality, even when we clash with people. Protect your wellbeing while acknowledging the power connections can bring. We cannot do it all alone



We can wallow a bit, but we can't stay

Sometimes we have to throw a pity party for ourselves, cry and release sadness and grief. Go at your own pace, and experiment with coping skills, socializing, and movement

Make a mess, and then clean it up

Getting started is not going to be perfect, even when speaking sometimes we will be incoherent as we lay everything on the table - when it is there we can start connecting things together



One Step at a Time

Looking far ahead into our future is overwhelming. It is ok to go day by day. anxiety lives in the unknown, and when the path is foggy, we can only see so far ahead. Take it slow, and move at your own pace.

