

STOP.

YOU ARE JUST ONE BREATH AWAY FROM YOURSELF.

THIS IS YOUR MOMENT, OWN IT.

SIMPLIFY:

WHATEVER YOU NEED TO FEEL, DO IT NOW.

SHOUT, FEAR, DOUBT, CRY.

FEEL, THEN LEARN FROM IT.

ACCEPT & SURRENDER.

BREAK THE CYCLE.

EMPTY YOURSELF OF EVERYTHING YOU ARE NOT.

WAKE UP.

TAKE YOUR POWER.

KEEP REINVENTING YOURSELF.

GROW INSIDE OUT.

THE UNIVERSE HAS YOUR BACK.

WE ARE A REFLECTION OF OUR SOUL.

& ONLY WHEN WE START TO BEING OUR TRUE-SELVES

WE INSPIRE THE WORLD.

HOLD ON TO YOUR LIGHT.

WE SHARE,

WE CONNECT,

WE CHILL OUT.