



A soul-fulfilling path to joy & freedom

1. Stop giving a damn what others think and focus on what lights YOU up.
You are good enough and worthy. So relax and BE.
2. Follow your soul's impulses and stop trying to figure everything thing out.
3. Act on those "crazy ideas"; they are magic.
4. Simplify, simplify, simplify!
5. Release people, places, and dynamics that suck your energy.
6. Have way more fun and lighten up!
7. Give up the "shoulds," "musts" and "have-to's". Instead allow and receive more.
8. If it isn't joyful, don't do it. Delegate or find a better way.
9. Choose from a place of love and wholeness over fear.
10. Have a high vibe practice that keeps you in good spirits. This is life-changing.
11. Embrace wonder and practice exquisite self-love, compassion and kindness.
12. You are 1000% the creator of your experience. Your energy is everything.
Re-align accordingly!