



I follow through with my word

I do all things from love, not for love

I surrender the need to be right or praised

I offer grace without expectation

I am the hero in my story

I bloom with audacity

I show up imperfectly

Wisdom comes to me in abundance

I am the energy that I want to attract

My voice matters regardless of who is in the room

I show up for myself over and over

I bend, not break

Period.



@HEADSCARVESANDHEALING