

# SUPER POWER PAUSE

2018

## EXPAND

I desire to FEEL...  
feminine POWER comes from the FEELING  
proactive care against BURNOUT

there IS another way to be... slow down... create small spaces everyday

## ELEVATE

above the EVERYDAY

## REMEMBER

the WISDOM in the PAUSE

## RELEASE

the LOVING TRUTH is...  
I should have...  
I could have...  
why didn't I...?  
core root judgment  
I was doing the best that I knew how at the time  
I forgive myself for...  
from a place of self-love, I promise myself that I will...

## CELEBRATE

I am proud that I have become...  
I am proud that I have...  
Your presence is enough

STOP  
DROP  
BREATHE  
LISTEN



## LOVE

doesn't DIE.

wherever you are - in your life & in the world YOU HAVE a PART to PLAY