

There are things you do
all the time
every day
that could serve as your
Soul-nurturing-time.
What are they?

WOOHOO!!!

SOAK UP THE
SPIRIT
OF CELEBRATION!

Taking Courage
by the
hand.
Step-by-Step.

What is one
weensty weensty
teeny weeny
little step of courage
you can take?

TAKE REAL AND
CONSISTENT ACTION
SO THAT YOU CAN
GIVE YOURSELF FULL
PERMISSION TO REST

Because guess what?!
No matter how tiny...
It's still Courage!
Yee-haw! I'll tip my
hat to that ☺