

ME=WE Lead by Example
Just For Today

Share Your Passion. Inspire Someone **SMILE**

Crew Hugger for Life. Simplicity is Key. Gratitude is the Way.

SPEAK UP! Set Boundaries.

You ALWAYS have a Choice. Choose YOU ACCEPT and LOVE YOURSELF



Do it NOW! Let your Heart Lead the Way.

Sing Out Loud. Dance, it is Medicine.

Drink More Water. Eat more Veggies. Try Kombucha.

Inhale...Exhale, Repeat. Listen, Listen, Listen, then Ask.

Travel. Explore. Be Share Your Knowledge

Work Smart Not Hard. Love Nature choose

Eco-Friendly. Protect the Oceans Use Reusable Straws.

Move + Sweat Once a Day. Live the Moment. Chose Love over Fear.

If You Don't like Where You are **Move.**

If You Don't like Your Job, Quit. It's Up to Us.

Thoughts create feelings, feelings create your life. Think What You Want

Create Sisterhood. **TOGETHER WE RISE!**