

Vitality is the sustaining force of your business, not effort. Take care of yourself.

Authenticity is the ultimate credibility and the only way to build your true tribe. Be yourself.

Allow inspiration to lead you and trust that it will take you where you need to go.

Simplicity is the ultimate sophistication. Strip away what is not needed.

Working hard doesn't have to feel like hard work. Do more of what brings you joy.

Only you really know your right path. Learning to listen, to trust and to honour that deeper calling will always guide you well.

Keep your feet in the soil and your arms around the trees. Staying grounded in nature will keep you sane, heal your body and soul and remind you that you are not alone.

When you build a life around what is most important, and you build your work around your gifts and joyful service, doubt and regrets fall away and what is left is a beautiful life of meaning.

