



"Welcome the present moment as if you had invited it. It is all we ever have, so we might as well work with it rather than struggling against it. We might as well make it our friend and teacher rather than our enemy."

~ Pema Chodron

What things in your life bring you a feeling of EASE?

What things in your life bring you a feeling of Stress?

Things I can do to Align with Ease...

Things I do to Align with Stress...

I am becoming the kind of person...

who...

that...

that appreciates...