

Uplift! Yourself

Get to **know yourself, love who you are, be kind and compassionate** to you.

Let go of fear; it only gets in your way.

Listen to **the whisperings of your soul.**

Breathe, relax, and be open to receiving.

Practice **yoga, mediation and mindfulness** – it's more than good for you.

Eat well and nourish your body, but also **nourish your mind and soul** with delightful thought and actions.

We excel in mutually supportive communities. **Find your tribe.**

Embody life by way of the breath. After all, it's our 'life force'.

Watch and be witness to your thoughts, words, and actions.

What we resist, persists. The Universe will continue to come knocking at your door until you understand the lesson.

Find the **balance** between receiving and giving. Find **time to be alone** and relish that time.

Spend time in nature; it's one of our best teachers. The rhythm of nature is a gift bestowed upon us.

Energy is contagious. Be positive and balance out the negative. Learn. **Learn good things** that feed your soul. **Change your mind; change the world.** Find the space **within you** to lead.

Don't stop yourself before you get started. Be present and wake up to **the beauty around you.**

We are all Genius; find yours and Be it.

We need everyone to play their part. **We're counting on and believe in YOU.**

