

Inspirational Reminders

Women need other women in their lives who think they are a big deal!

No competition, no backhanded compliments, no jealousy.

Just an: I love you, I support you and there is no one on earth, like you...that kind of energy.

The girl you once were, heal for her.

The woman you now are, protect her.

The Queen you were created to be, fight for her!

Girl, your mind will believe what you continuously tell it.

So tell it that you're smart, talented, fearless & you have what it takes!

8 LITTLE THINGS TO NOTICE MORE:

Good Energy

Kind Gestures

The Gift of Time

Soothing Sounds

Expressions of Love

Beautiful Days Outside

Moments of True Connection

The Feeling of when Everything is in Alignment

IF YOU EVER FEEL LIKE YOU DO NOT FIT IN, REMEMBER THIS:

This world was not made for people like you...

People like you were made for this world.

We need you!



WISE
Experience

WOMEN • INSPIRATION • SUPPORT • EXCELLENCE

SHFM