



Attitudes of the Modern Creative Woman

Powerful Presence

We create a gentle internal environment of present moment awareness. We share ourselves with others and always save some energy for ourselves. We create a healthy environment by attending to our mental and physical health, nutrition, rest, friendships, education, and fun.

Self Compassion

We speak kindly to ourselves. We patiently redirect ourselves to speak with love and compassion. We are easy going about our pace as we change, rest, work, and reflect.

Meaning & Purpose

Whatever we do, we do with intention. We commit to a life-long process of learning, cultivating gratitude, and expressing ourselves. We look for and manifest joy in each day. We share our meaning and purpose with others.

Mindset

We learn to relate to our thoughts in new ways. We see thoughts for what they are - just thoughts. We free up time and psychological energy for things we want to bring into our lives.

Authenticity

We show up for ourselves and others as our true selves. Our interests, talents, and joyful example are gifts to others in our family and community. We manifest new opportunities to express ourself and share authentic relationships with others.