



Adapt+Flow

Adapt and Flow

Happiness and fulfilment are essential for everyone

You can't change the world, but you can change the way you look at it

We're all part of a grand masterplan, trust the process

Trust yourself

Be good to yourself

You don't need a title to Lead, you need desire and action

Be present in the moment

Take a step back, and Breathe!

You already have all the tools you need in life, it's just a matter of realisation and awakening your gifts

Feel the fear and do it anyway

Challenging times are when you grow the most

Showing vulnerability isn't a sign of weakness

Have fun! At work and at home. It's good for the soul and great for creativity

Smile - at yourself and at someone else

Collaboration is key

Enjoy the journey

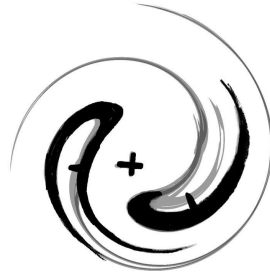
Be yourself, be the best version of you

We always have a choice in life.

A choice of what we think about.

A choice of how we show up to the world, how we act and respond to the world.

The Freedom of choice, the freedom to think and act how you choose



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Listen to your heart, even if it means going against the grain

Looking after yourself allows you to look after others

Staying positive doesn't mean you have to be happy all the time. It means that even on hard days you know that there are better ones coming.

Become friends with yourself, you'll be amazed at what effect it can have on your life

Get comfortable being uncomfortable

I take word seriously but not myself

How are you going to make a difference in the world today and why?

Respond to life, don't react to it

Life is a journey of constant learning until we draw our last breath

Small daily changes lead to significant long term impact

You can do anything if you put your mind to it

Reduce stress and create more success