

BE EASY ON YOURSELF.
DO NOT RUSH TO WRITE DOWN
HALF HEARTED RESOLUTIONS
AND FORCE ACCELERATED CHANGE
ON YOUR LIFE.

TO RESOLVE MEANS TO FIND A SOLUTION
FOR A PROBLEM.

YOU ARE NOT A PROBLEM.

THE WAY YOU SHOWED UP THE PAST YEAR
WAS NECESSARY FOR YOUR GROWTH TO HAPPEN.

NOW IS A TIME TO PAUSE.
TO REFLECT. TO LEARN.
TO LET GO.
TO CREATE AN INTENTION,
A POSITIVE CALL TO SHIFT,
ROOTED IN SELF LOVE, BACKED WITH
YOUR ACTION.

— DANIELLE DOBY

