

PRACTICE THANKFULNESS

FE/MININE
P O W E R

REALIZE -STEP THREE

SOME INSPIRATION...

- DIFFICULT PEOPLE – THEY TEACH US PATIENCE, RESILIENCE, AND EMOTIONAL INTELLIGENCE.
- DEADLINES AND PRESSURE – THEY PUSH US TO FOCUS, PRIORITIZE, AND DELIVER OUR BEST WORK.
- CRITICISM – CONSTRUCTIVE OR NOT, IT BUILDS THICKER SKIN AND SHARPENS SELF-AWARENESS.
- BEING MISUNDERSTOOD – IT ENCOURAGES US TO COMMUNICATE MORE CLEARLY AND DEVELOP EMPATHY FOR OTHERS' PERSPECTIVES.
- LONELINESS – IT HELPS US APPRECIATE COMPANIONSHIP AND DEEPENS OUR RELATIONSHIP WITH OURSELVES.
- UNSOLVABLE PROBLEMS – THEY PUSH US TOWARD CREATIVE THINKING AND ADAPTABILITY.
- EMBARRASSMENTS – THEY HELP US STAY HUMBLE, BOUNCE BACK, AND REMIND OTHERS WE'RE HUMAN TOO.
- UNCERTAINTY – IT ENCOURAGES FAITH, FLEXIBILITY, AND LIVING IN THE PRESENT MOMENT.
- RULES AND CONSTRAINTS – THEY FOSTER CREATIVITY BY CHALLENGING US TO THINK WITHIN BOUNDARIES.

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POWER

REALIZE -STEP THREE

