



BEACONS of CHANGE

12 PRACTICES FOR

living at full power

1. Create your own turning points.
2. Love your Goddess.
3. Live outside your comfort zone.
4. Bring purpose to pain.
5. Turn challenges into opportunities.
6. Embrace change with joy.
7. Engage in radical self-care.
8. Stand up and roar!
9. Be human. Be Imperfect.
10. Rise and Shine!
11. Balance doing with being.
12. *Beacon in! Beacon out!*