

You were created to live freely - like there's no tomorrow.

you are brave. you are fearless. you are strong. you are free. you are alive.



Dance More>>>Sing More>>>Love More>>>Hug More>>>Smile More

Buy yourself flowers. Go on an adventure. Get lost in conversation. Celebrate your accomplishments - big and small. Read. Write. Play. Taste every bite. Always be proud to wear red lipstick.

Help others. Embrace being a woman. Laugh until you cry. Create. Build. Love your insecurities. Maintain focus, determination, an adventurous spirit, your smarts, and good hair.

Let go of expectations.

Accept and be who you are, not who you think you should be. Find your comfort, excitement, happiness, and relaxation in family, road trips, being outdoors, and old photos - not in things that numb or cause more pain.

Feel what you feel. Let your tears be your teacher. Don't suck it up, let it out. Enjoy the process. Stop waiting for permission. Ask for what you need. Show gratitude always - even for the messy parts of life.

Encourage Others>>>Be Vulnerable>>>Be Positive>>>Go After What You Want.



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Fully invest in each and every moment. Life is waiting. Jump in.