

STOP comparing your growth to someone else's.  
We are not all in the same season of our journey!



Some of us are in...



Where things are blooming, growing, and  
our days are beautiful!

Some are in...



We're on fire and coming in HOT!  
We've got this and we know it.

Some are in...



Where we feel like things are falling  
apart! But just look at the beauty this  
season brings!

And then some are in...



When most things slow down and we  
rest for a minute.

No matter your season or how long it lasts, take the lessons,  
take the message and grow from it! Heal, feel, and be  
present through all the changes. Travel your path and enter  
new seasons as fast or as slow as YOU need to. Skip some,  
travel them in order, stay for days, weeks, years... but most  
importantly, remember this is your journey and it cannot be  
compared to someone else's.