https://youtu.be/g5zkimw3M3A

Amy Steindler

Stop Standing Your Self Up! TM Jamia Crockett by making these three choices:

1. **Create** *Compassionate Curiosity* by Meeting yourself where you are! Be nice to yourself and ask intentional questions that keep you moving forward in your life
2. **Activate** *Optimistic Bravery* by Making your mark and seeing where it goes!-- Being brave means you just try a thing...just make your mark follow the path it takes and if that path leads to a dead-end-- be optimistic to try it again...and again....that is the hope and optimism--- that new mark will be the mark that will be get you to your desired end or beginning!!
3. **Engage** in some *TLC* (tender loving care) by "Kissing Your Boo-Boo's" --Love your self...all the way! Despite imperfections and shortcomings, bring acceptance to your life and fixing/mending your own wounds can be the key to being present with YOU.