

joulzenergy™

EXUDE PASSION. STAY POSITIVE.

DO ONE THING A DAY THAT *inspires* YOU. BE KIND. *LIFE IS beautiful*  
BE THANKFUL

CALM. CONFIDENT. IN COMMAND.

WRITE A SHORT LIST <sup>1</sup> YOU HAVE EVERYTHING THAT YOU NEED INSIDE.

SUCCESS IS MAINTAINING BALANCE. EVERY DAY *Stop looking. Start living.*  
THE BEST LEARNING COMES FROM DOING.

IF YOU CAN'T DEFINE IT OR ACT UPON IT, FORGET IT.

work without focus is waste.

GET COMFORTABLE WITH BEING OUT OF YOUR COMFORT ZONE. WHY THE HELL NOT? WHEN YOU ENTER THE ROOM, OWN THAT SPACE.

ASK FOR FORGIVENESS, NOT PERMISSION.

BE <sup>TREAD LIGHTLY.</sup> REMARKABLE  UNPLUG, JUST BE. *DON'T WAIT to love.* ALWAYS HAVE PATIENCE.

STEP BACK WHEN YOU'RE FEELING STUCK. YOUR PRESENT IS WHAT YOU'VE MADE OF THE PAST.

SIMPLIFY ~~EVERYTHING.~~

*Make every day an adventure & make the most of every moment*

BE HONEST. BE AUTHENTIC.

SPEAK YOUR TRUTH.

ASK LOTS OF QUESTIONS. EMBRACE CHALLENGES. PROUDLY WEAR ALL THAT YOU'VE DONE.

SPEAK WITH CLARITY & FOCUS.