

You'll need this to keep going in the face of fear, loss, disappointment and setbacks.

Resilience There will be days when even your best laid plans just don't materialize.

Authenticity People value and trust those who are most authentic.

Non-negotiable Goals, dreams & vision.

Surrender What was to what can and will be.

Forgiveness Of self and others.

penness To who, what and how the journey unfolds.

Reado To grow, learn and change and do what it takes to succeed.

Move Forward and take imperfect action.