A QUICK BREATH FOR THE HOLIDAYS

Showing up as *you* this holiday season

The holidays can pull us in a lot of directions: old roles, old stories, old expectations, old ways of keeping the peace. It's easy to lose track of ourselves and what matters most to us along the way.

So here's a little invitation to come back to you. Three breaths, less than a minute – on the porch, in the bathroom, in the car, or anywhere you can find a quiet moment.

INHALE
Who do I hope to be in this moment, with the people here?

EXHALE
I invite my most curious, whole, and caring self.

INHALE
What values am I unwilling to set aside?

EXHALE
I stand by these truths.

INHALE
How do I want to show up right now?

EXHALE
I welcome who I'm becoming.

Just remember: **Who I hope to be. What I stand by. How I want to show up.**

You get to choose how you show up.

Keep breathing. Keep becoming.

HELLO WHITENESS