

SELF-CARE + SERVICE INHERENTLY BELONG TOGETHER *big heart, strong back*

WELL-BEING FUELS

IMPACT DO NO HARM TO YOURSELF AS YOU CARE FOR OTHERS

ACCEPT CONTRADICTION + UNCERTAINTY:

Seek out joy + allow pain

*healthy boundaries
strengthen giving*

WORK HARD + LET GO OF THE OUTCOMES

See the big picture + savor small rewards

Ask for and accept help

*stay curious.
stay connected.*

PAUSING IS POWERFUL

Laughter is medicine

Rest is revolutionary

live with integrity

DO THE HARD THINGS.
BE COURAGEOUS
BE MINDFUL
BE KIND

good enough
is perfect

**PRACTICE
COMPASSIONATE
BADASSERY**

BE WELL.
DO ETHICAL,
EFFECTIVE, AND
SUSTAINABLE WORK.

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