



DESIGNING OR WORKING FOR YOURSELF CAN BE LONELY.



Here are a few tips I've learned during this journey.



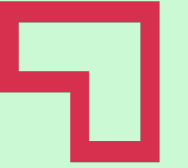
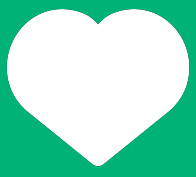
Community is king!

Joining communities that is positive
and is willing to support you on your
journey is worth keeping!



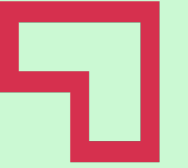
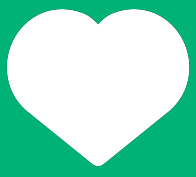
Hangout with friends and/or family at least 5 times a week.

Look there's a reason why when we were young, doctors would tell parents to let kids be kids. We're active beings.



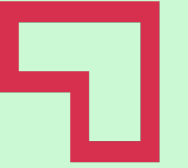
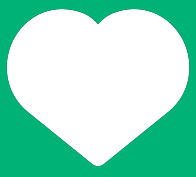
Build a habit of communication.

Whether new or old, I ALWAYS look to have calls with people.



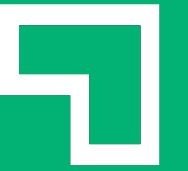
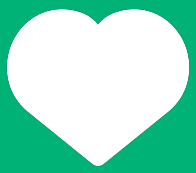
Don't keep things bottled up inside.

Resists persists. Sharing what you're
keeping inside will alleviate what you're
feeling inside.

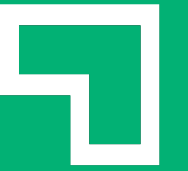
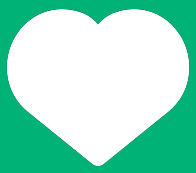


Build a supporting cast of people that celebrates your journey and vice versa.

When there are people that supports your successes along the way, even outside of your industry, both of you win!



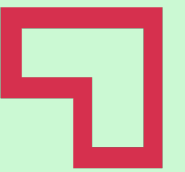
I'M
INTENTIONAL
WITH MY DAYS!



I GO FOR A WALK OR
REACH OUT TO MY
SUPPORT FOR A 5-
MINUTE MEDITATION.



Regardless of what
field you're in, **we're**
not meant to be
lonely beings but
interactive beings.



**MAKE IT A PRACTICE TO
CONNECT WITH SOMEONE
EVERYDAY, EVEN IF IT'S
THROUGH TEXT.**

Let me know your thoughts.

