

BUZZ MOMENTS

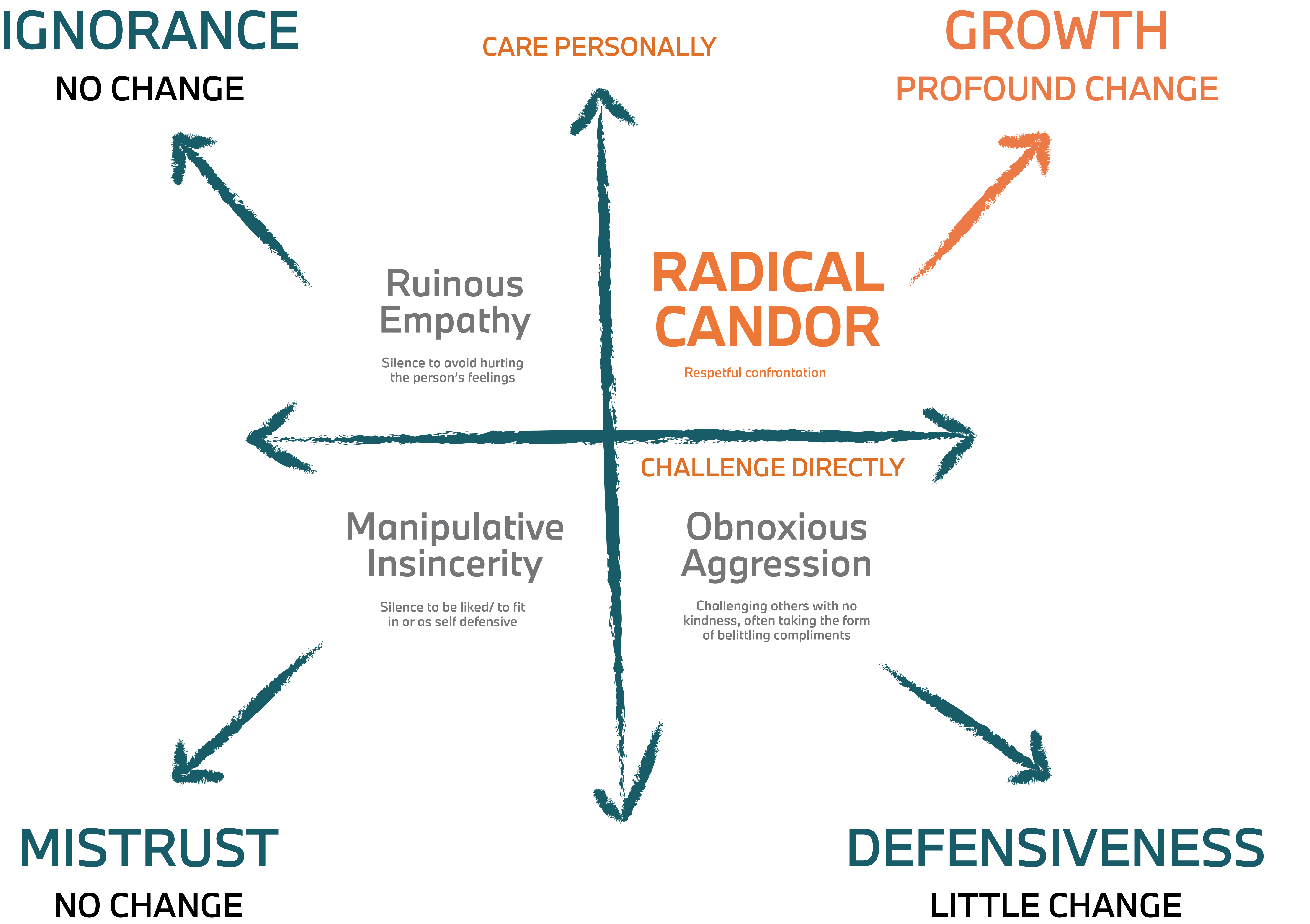


VALUE 1

VALUE 2

VALUE 3

RADICAL CANDOR



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Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome

Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are

You will miss so much by being so guarded



BRENÉ BROWN



The moment you become aware of the ego in you, it is strictly speaking no longer the ego, but just an old, conditioned mind-pattern. Ego implies unawareness. Awareness and ego cannot coexist

ECKHART TOLLE

Check if your emotional armour is actually protecting you,
and not so heavy you can't move

MATT HAIG

Authenticity means erasing the gap between what you firmly
believe inside and what you reveal to the outside world

ADAM GRANT

Always be a first-rate version of yourself, instead of a
second-rate version of somebody else

JUDY GARLAND

