



Your Mindset

“Courage is not the absence of fear, but the ability to act despite it.”

Archbishop Desmond Tutu

“The lizard brain (amygdala) is here to keep you alive, the rest of your brain merely makes you a happy, successful, connected member of society.”

Seth Godin

“Vulnerability is not winning or losing. It’s having the courage to show up when you can’t control the outcome.”

Brene Brown