

WAY OF THE MONARCH



I SEE



I CO-CREATE



I LOVE



I FEEL



I AM



I BELONG



Truth Seer
Caring of Self



Mindful, Still,
Co-Creative



Passionate
Heart Intelligent



Connected to Path,
Purpose & Place



Authentic Voice
and Boundaries



In Service to
Self & Community

Triggered
Distracted
Depressed

Anxious
Fearful
Panicked

Empty
Bored
Passionless

Lost
Directionless
Unfulfilled

Misunderstood
Insecure
Manipulated

Isolated
Disconnected
Lonely

SHED THE OLD

AWAKEN THE IMAGINAL

FLY FREE