

I am not alone in my journey.

I am enough and my community is enough we just need the opportunities to lead!

Se la luz (Be the Light)

Ask for help.

Many people sacrificed and invested in me to have the opportunity to succeed and lead.
The least I can do is pay it forward.

I will stay grounded!

We aren't in this alone! There are resources!
Others have walked this path before, and we can learn from so many of our colleagues!

Take a deep breath.

Someone needs my skills to help give them another chance in life.

I have succeeded already. What comes next is survivable and success-worthy, too.

Our currency is the lives that we change and impact. And this journey is not walked alone.

Tomorrow isn't a guarantee. Be present in the now.

Be afraid and show up anyway!

We are needed by the most vulnerable people in our community. Do the work that leaves the world a better place.

We are Stronger Together!

I will strive to honor our organization's mission to provide service in a noble industry, while also balancing home life.

Don't forget to smile.

Do justice. Love mercy. Walk humbly.

Marginalized and vulnerable communities and the amount of support they have access to is directly affected by the way I do my job. It is my constant responsibility and duty to do my job as well as I possibly can to provide them with what they need.

Everyone needs somebody, don't be the nobody.

We cannot be impactful if we are operating in a silo, reach out inside your organization, your field, & your community.

You can't pour from an empty glass.

Keep a hula hoop behind your office door.

When the work gets you down, bust that hula hoop out and try to keep it up!

Vote!

We had our first art competition for teens...three of the winners: a transgender child, a child with a severe anxiety disorder and a child whose dad was in jail...reminder that art is not a frivolity.

Be fully present in the work. It is hard work but so very important.

"He who is not every day conquering fear has not learned the secret of life."

(Ralph Waldo Emerson)