

BEOP

BE EXCELLENT ON PURPOSE
& EMBRACE EACH DAY WITH

joy & gratitude!

BRICKIE TIP #10: Embrace Change

Keep in mind: "You do not just wake up and become the butterfly. Growth is a process." -Rupi Kaur

Identify a time where you have had to adjust to a changing situation.

Now list something/someone you are grateful for helping you through that transition.

"Don't be afraid, change is such a beautiful thing," said the butterfly.

