

When we were little, everything was magic.
Dandelions...mud...butterflies...ice cream cones...

Then we grew up, and things became hard. Adulting can suck the magic right out of our lives - BUT the secret is MAKING IT.



How do we make our own magic?

1. It's there - expect it, know it and look for it. Your reticular activating system will show it to you.
2. Being present helps you find it. You could be in the most beautiful place on Earth, and you could still miss the clouds, the butterflies and the beauty around you by being on your phone or by thinking about something else. Use each one of your senses and take a moment to truly live in the moment.
3. Love one another up and turn up the love! ❤️
4. Speak the truth, but in LOVE, owning who you are.

5. Believe that miracles are real. I'm not necessarily talking about walking on water, but just think about the miracle of your very existence!

6. Gratitude ignites magic. It changes our perspectives and creates a snowball effect of more blessings and gratitude.

7. Curiosity **CREATES** space for it. Ask yourself "What if?" Dare to imagine the vibrant life you so richly desire.