

Vibrancy as a Practice.

Vibrancy can be the state of being FULL of energy and life, striking brightness and color, or strength and resonance of sound.

The traits of vibrancy aren't just great enthusiasm but all of the above - it is a creative process used to build the life of your dreams.

Connection helps create vibrancy, and vibrancy deepens connection. Out of connection comes love, friendship, relationships, collaboration, a shared vision, challenges, community, communion, family, sisterhood, businesses, partnerships, marriage, etc...all because of connection.

Without connection, we feel lonely, isolated, depressed, left out, and in despair. We are wired for connection, and when we ignore it, we feel the emptiness.

And while connection with others is such a foundational principle, connection with yourself is KEY. Our lives must be custom-made for them to be our own unique expression of this life. You are the creator, designer, architect, and builder.

The tools and building materials are easily available in the way of food, hydration, mindset, movement, and habits.

To live a vibrant life you must create intentional goals that resonate with you - you do not need to crowdsource your vibrancy - this is your one shot. No one else's.

What do you need?

1. Habits that serve you and build you up.
2. A mindset to support you.
3. Food to fuel - hydration as well.
4. Movement - this is your thank you to God.
5. Community - we are not meant to go alone.
CONNECT!

Vibrancy is the payoff and the result!