

LIFE QUAD

THE FOUR ESSENTIALS

PRIORITIZE YOUR TIME & ENERGIES INSTEAD of BEING GOVERNED by CIRCUMSTANCES and SHOULD

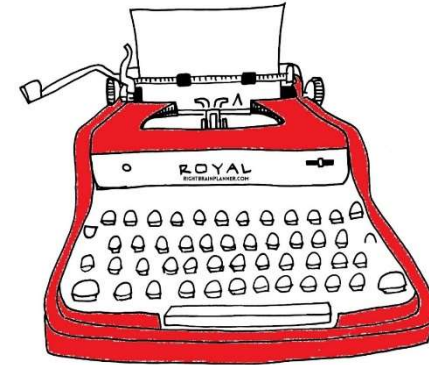
"[FINDING] HAPPINESS IS NOT ACHIEVED IN ITSELF, BUT RATHER IT IS THE SIDE EFFECT OF A PARTICULAR SET OF ONGOING LIFE EXPERIENCES." -MARK MANSON

Braveheart, within the ongoing chapters of my living, I celebrate my relationships because I know that together we are stronger. And within our relationships we can experience the "happiness side effect" of love, trust, safety, honesty and support.

- **wellness** [rest; nourishment; movement; prayer and meditation; personal care; an ongoing creative practice]
- **relationships** [honest and respectful commitments; giving and receiving love, respect and kindness]
- **being/doing** [daydreaming; self-directed study; experiential learning; talents and skill sets; paid and unpaid work; allocation of finances and other resources for your Becoming (personal growth)]
- **home as sanctuary** [comfort as a space; a place where you feel at ease, safe; space of restoration; space where you have what you need to live what you desire]



CHAPTERS OF LIVING



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RELATIONSHIPS

"PAYING ATTENTION TO A SINGLE, UNASSUMING TASK IS ITS OWN ACT OF LOVE. IT REQUIRES DEDICATION, AND THAT'S THE ESSENCE OF DEVOTION." HANNAH BRENCER

