

# Inc.

## With Just 3 Words, Oprah Taught a Powerful Lesson in Aging and Self-Acceptance



### read all about it!

"You Are Enough."

Oprah is a master at reinvention. Yes, she may have a larger toolkit of resources than the average person but we all share at least one thing in common with Oprah: an ability to mindshift at pivotal moments in life. And with these mindset alterations, let them also serve to remind us of our worth, value, and contributions to greater society.



### calendar

- 4/15 - Filing Taxes Due
- 4/22 - Earth Day
- 4/23 - BCC Workshop
- May - Mental Health Awareness Month
- May - AAPI Heritage Month



### online

If you haven't already seen my latest Instagram post... *Let's Journey.*



## forget-me-nots

AUTHENTICITY. Similar to the shadow cast during an eclipse, we, too, can dim our own lights. Use the eclipse as a reminder to step out of your own shadows and display your true **authenticity**.



## quotables

"**Authenticity** is the daily practice of letting go who we think we're supposed to be and embracing who we are." - Brené Brown



Art Design District  
Miami, FL



breadcrumbs  
CREATIVE  
community

## winners

**Tiffany Payne**

*The Pickup Crew*

Congratulations on being selected as a 2024 CWE Rising Star Nominee! Keep shining on!



## photo-op

Journey with me to places that spark my creative joy. And, hopefully, yours too.

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