

# STOICISM

WITH  
SUMMER SANTORI

↳ \* 0 ↑ JUDGEMENT  
DETOX

DETACHMENT

PT. 2/3 »»» GRACE

GRATITUDE



# STOICISM

WITH SUMMER SANTORI

JUDGMENT DETOX SERIES

DETACHMENT

PT.2 »» GRACE

GRATITUDE

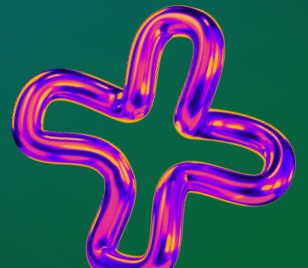


FLY  
first LOVE yourself



WONDER

EMPORIUM



# WHAT IS GRACE



GRACE IS AN UNCONDITIONAL ACCEPTANCE OF THE PRESENT MOMENT, INCLUDING OURSELVES AND OTHERS, WITHOUT TRYING TO FIX OR CHANGE ANYTHING. IT'S ABOUT HOLDING SPACE FOR WHAT IS.

**"WE HAVE TWO EARS AND ONE MOUTH SO THAT WE CAN LISTEN TWICE AS MUCH AS WE SPEAK."**

EPICTETUS



# STEPS TO PRACTICE

- GIVE YOURSELF PERMISSION TO MAKE MISTAKES WITHOUT SELF-CONDEMNATION.
- EXTEND THE SAME KINDNESS TO OTHERS.
- LET GO OF THE NEED TO ALWAYS BE 'RIGHT.' UNDERSTAND THAT EVERYONE IS ON THEIR JOURNEY, NAVIGATING THEIR OWN INNER BATTLES.





# REAL LIFE APPLICATION

NEXT TIME YOU FEEL JUDGMENT  
CREEPING IN—TOWARD YOURSELF OR  
OTHERS—PAUSE. ASK:

- **WHAT AM I CLINGING TO HERE?**
- **WHY IS IT SO IMPORTANT?**
- **IS THIS WITHIN MY CONTROL?**

FLY  
first LOVE course

