

STOICISM

WITH SUMMER SANTORI

↳ * 0 ↑ JUDGEMENT DETOX

DETACHMENT

GRACE

PT. 3/3

»» GRATITUDE



STOICISM

WITH SUMMER SANTORI

JUDGMENT DETOX SERIES

DETACHMENT

GRACE

PT. 3 »» GRATITUDE



FLY
first love yourself

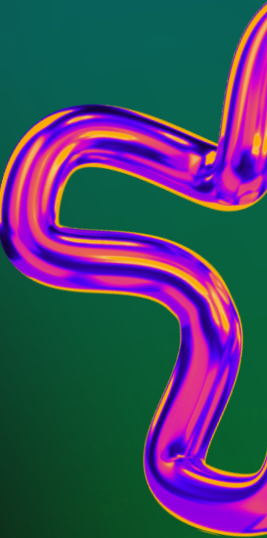


WONDER

EMPORIUM



WHY DOES GRATITUDE MATTER?



THE STOICS BELIEVED THAT A GRATEFUL HEART IS A MAGNET FOR MIRACLES. WHEN WE FOCUS ON WHAT WE APPRECIATE, WE SHIFT OUR ENERGY FROM LACK TO ABUNDANCE.

FLY
Inst LOVE yourself



DAILY PRACTICE

EVERY DAY, WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR. DIG DEEP, BEYOND THE SURFACE. GRATITUDE ISN'T JUST A LIST—IT'S A FEELING. A VIBRATION. A FREQUENCY.





TRANSFORM JUDGEMENT THROUGH GRATITUDE

WHEN YOU FIND YOURSELF JUDGING,
PAUSE AND REDIRECT YOUR
THOUGHTS TO SOMETHING YOU'RE
THANKFUL FOR ABOUT THAT PERSON
OR SITUATION. WATCH HOW THE
ENERGY SHIFTS.

FLY
first LOVE yourself

