



The Renew You Twitter Version (little snippets of on-the-go inspiration)



Karly Randolph Pitman **The Self-Care Pathway: 4 Practices to End Emotional and Overeating**

Help energy flow: dance, walk, drive, be in or near water... how did you move energy as a child? We intuitively knew how. #renewyou

When you're busy, make eating healthy really easy by being prepared. Karly Randolph Pitman #renewyou

Our ebb/flow of energy can get stuck. We often use food to move it but can learn to flow with it instead. Karly Randolph Pitman #renewyou

Do you speak up for what you need or do you even feel comfortable speaking up? Karly Randolph Pitman #renewyou

Honoring our limits means accepting our daily choices affect how we feel. Karly Randolph Pitman #renewyou

All cravings are either an unmet need or an emotion that needs to be felt, expressed, not a flaw. Karly Randolph Pitman #renewyou

We often look at ourselves like giant fix-it projects. Self-care is the opposite. Karly Randolph Pitman #renewyou

Take a moment to close your eyes, take a deep breath and focus. #renewyou

You have everything inside you right now to heal emotional and overeating. - Karly Randolph Pitman #renewyou

Cravings r just a love letter from the universe, a way to tap u on the shoulder and say 'pay attention.' - Karly Randolph Pitman #renewyou



JJ Virgin **Five Insider Secrets to Boost Your Energy, Shrink Your Waistline and Feel Your Best**

If you're eating the right foods, 4-6 hours between meals is the goal. The right fuel keeps you going strong. @jjvirgin #renewyou

@jjvirgin is laying down some serious nutrition science! Snacking is not all its cracked up to be. #renewyou

Our bodies are not bank accounts, they're chemistry labs. Where the calories come from and when you eat them matter. @jjvirgin #renewyou

I rotate the kinds of things u eat. Vary your diet to avoid developing sensitivities. @jjvirgin #renewyou

Stress is a big player in making our gut permeable, making us susceptible to food sensitivities. @jjvirgin #renewyou

@jjvirgin Burn fat, build muscle & set the tone 4 ur day: Bkfst on clean lean protein, low glycemic carbs, healthy fat. #renewyou

@jjvirgin If u don't eat in the AM, ur body will eat itself, breaks down muscle. Bkfst sets metabolic tone for the day. #renewyou

@jjvirgin Over 25 years of working w/clients, most people who struggle w/weight loss are breakfast skippers. #renewyou

@jjvirgin: Knowledge isn't power unless you put it into action - get ready for some simple action steps. #renewyou

@jjvirgin Real sweet should be a non-GMO fruit, get into sour, spicy. Re-train your tastebuds. NO artificial sweeteners. #renewyou

20 min. nap between 1-3pm recharges your brain without messing up your sleep cycle. It's another "morning" in the afternoon. #renewyou

"Set your alarm to go TO bed and turn off technology. Have a power down hour!" #renewyou @jjvirgin #renewyou

@jjvirgin says 1 poor night of sleep, ups cortisol, u crave sugar and carbs and u crave them now. Get more sleep!! #renewyou

Coconut is one of the most amazing foods out there. Antibacterial, antiviral...much more. @jjvirgin #renewyou

One meal replacement shake per day can do wonders for your health. @jjvirgin #renewyou

3 days/week work-out for 60-secs, ALL-OUT. Jump rope, sprint, stairs. Get used 2 what intensity feels like. @jjvirgin #renewyou

When u exercise, it should be something more than ur body is used 2 handling. All about intensity. @jjvirgin #renewyou



Brenda Kinsel **Defining Your Personal Style from the Inside Out**

@brendakinsel Leave the cash/credit cards at home and go play - take a beauty break. Try things, just explore. #renewyou

100% tight or 100% super loose are extremes you'll want to avoid. Differences in volume makes things more interesting. #renewyou

@brendakinsel Playing it safe is a fashion mistake. It's important to NOT SETTLE. Adorn yourself everyday in clothes that u love. #renewyou

@brendakinsel C = color. S = style. F = fit. When you're shopping, those 3 things need to be right for the body u r in now. #renewyou

Part of looking put together is that it is paying respect to ourselves, and those around us benefit, too. #renewyou

@brendakinsel Don't wait until you've ... toned up, lost weight, whatever. Don't wait! What you want to express is here now! #renewyou

We're learning how to discover our "style words" - for the qualities we love, or would like to be known for. #renewyou

@brendakinsel Often people's style is reflected in their home, in the things they enjoy having around them. #renewyou

@brendakinsel First: Wear what you LOVE. When you shop, just keep coming back to 'do I LOVE it?' #renewyou

Think about discovering your style as one more area you can use to discover more of themselves. #renewyou

@brendakinsel: The art of getting dressed is the art of expressing ourselves. It's a big calling card. #renewyou

We all have a style DNA, a unique thumbprint that is ours. Fashion is laid out every season by the designers, retailers. #renewyou

@brendakinsel Nude fishnets - Interesting texture, some coverage without being pantyhose. #renewyou

@brendakinsel Spend time getting the right fit in the undergarment dept. It's SO important in getting the rest of your look right. #renewyou



Christine Arylo

Dare to Be Loved: Get the Love You Want by Loving Yourself First

@christinearylo says to picture your inner mean girl, give her a name. Start to see her as separate from you. #renewyou

@christinearylo: Vulnerability really is the power to be willing to stand naked, & bare your soul, and be seen deeply by another. #renewyou

@christinearylo's self-love challenge: ask yourself daily: What do I need to do to take care of me today? Then DO THAT. #renewyou

I always find it grounding to tell myself 'the best for me is always the best for everyone else.' Believe it. #renewyou

@christinearylo: You'll know if you're loving yourself by asking yourself "Am I happy or not?" That's it, yes/no. #renewyou

Develop a deep relationship w/your intuition, even though she often says things we don't want to hear. Talking w/@christinearylo #renewyou

@christinearylo: We inspire people by being a better us. Inspiring someone is not the same as trying to change them. #renewyou

@christinearylo: The reason we lie to ourselves in relationships is not b/c we r afraid of truth, but of the consequences of it. #renewyou

Dreams come from your heart. Goals come from your head. What are your 108 dreams for your life? Talking to @christinearylo #renewyou

@christinearylo Self-love = uncond'l love/respect u have 4 urself that's SO deep u only invite relationships that reflect it. #renewyou WOW.

@christinearylo You cannot have great love if you can't vow: "I will never settle for less than my heart and soul desires." #renewyou



Connie Bennett

Break Free of Your Sugar Addiction with the Author of *Sugar Shock!*

@SmartHabitsGirl When u get off sugar, foods taste much sweeter than u realized. Our tastebuds r out of whack from too much sugar. #renewyou

@SmartHabitsGirl Your life becomes much sweeter when you cut sweets out of your life. It really really does. #renewyou

@SmartHabitsGirl: Be gentle with yourself, go gradually - give up sugar in steps, have half a cup of coffee and go from there. #renewyou

@SmartHabitsGirl: Artificial sweeteners tease you, yr body thinks "sugar incoming!" Can trigger sugar cravings/release insulin. #renewyou

@SmartHabitsGirl Find things that nourish and nurture you in ways that sugar never could. Passions, joy, things that excite you. #renewyou

@SmartHabitsGirl When you're feeling deprived, focus on benefits of giving up sugar - energy, focus, libido, better mood, more. #renewyou

Ask yrself who/what/when/where/why/how of your sugar habit, start to see patterns. WHY is a really big one. via @SmartHabitsGirl #renewyou

@SmartHabitsGirl: If you're exhausted all the time, no matter how much sleep you get, look at your sugar consumption. #renewyou

@SmartHabitsGirl Sugar addiction can feel overwhelming, it helps to have some humor about it. Take the quiz at www.sugarshock.com #renewyou

@SmartHabitsGirl: If you're eating processed foods, chances are you're eating sugar. Educate yourself on all the names for it. #renewyou

@SmartHabitsGirl: When I say sugar, we are talking about more than 100 substances. Sweeteners, like-sugar refined carbs... #renewyou

@SmartHabitsGirl: Sugar side effects: Constant fatigue, crying spells, heart palpitations, headaches... the list goes on and on! #Renewyou



Rose Cole

The 3-Day Beautiful Skin Diet: Food For Clearer, Younger & More Radiant Complexion

@rosecole "I was skeptical abt holistic nutrition, I'd tried everything. In 2 weeks psoriasis was gone."
#renewyou

@rosecole "When u work on making yr skin as healthy as possible, the rest of yr body follows."
#renewyou

@rosecole "The skin is a direct mirror of what's happening with your body. Good, bad - you can see it."
#renewyou

@rosecole "#1 thing to do for your skin is inflammation down, anti-oxidants up. Less sugar, more sleep."
#renewyou

@rosecole "You'll find anti-oxidants in the bright colors: berries, greens. Cut out white, add color."
#renewyou

@rosecole "1 of my fave supplements for skin is vit. C. Much more powerful taken internally." #renewyou

@rosecole "Oily foods doesn't make yr skin oily. Good fats help your skin: olives, avocados, fish oils."
#renewyou

@rosecole "Making food from scratch is 1 of the best things u can do for health. Learn how 2 cook again."
#renewyou

@rosecole "Chocolate doesn't cause break outs, it's sugar, processing chemicals and poor quality dairy."
#renewyou

@rosecole "You turn back the clock by balancing hormones. Treat root causes instead of buying a cream." #renewyou

@rosecole "Get rid of your microwave. It destroys nutrients, and gives off radiation just sitting."
#renewyou

@rosecole "The MAIN reason most women have hormonal imbalances stress. Find ways to relax."
#renewyou

@rosecole "Look at your menstrual cycle: irregular periods, severe symptoms are signals of imbalances."
#renewyou

@rosecole "Gluten has very few redeeming qualities. Avoiding gluten is a big step towards better health."
#renewyou

@rosecole "80% of how your skin looks comes from the inside." #renewyou

@rosecole on skin care: "Avoid paraben, mineral oil, petroleum. Use products u could almost eat."
#renewyou

@rosecole Don't wash your skin so much that you strip it of its natural oils, soap 2 x day is too much.

@rosecole Caffeine will dehydrate your skin within hours and will accelerate adrenal exhaustion.



Karen Russo

Discover a New Money Reality: The Love Path to Abundance

@KarenRussoMoney Real financial power is a state of being, not a dollar amount.

@KarenRussoMoney When people are stuck around money people get vague and general. To move forward, you must be specific.

@KarenRussoMoney: "What is that you really want? The big house, or a comfortable home for your family?" #renewyou

@KarenRussoMoney: "Some let their money experience happen to them...realize you are the co-creator." #renewyou

@KarenRussoMoney: "Spirituality is our relationship with something beyond our material life." #renewyou

@KarenRussoMoney: "Money fears are more of a faith issue than a financial one." #renewyou

@KarenRussoMoney: Money fear is based on feeling separate from the divine and it's a lie. That's when "more" feels hollow.

@KarenRussoMoney: "When you stop being a money victim, you feel freedom, and that leads to creativity." #renewyou

@KarenRussoMoney: "When we're free from past, we're empowered in the present - where opportunities are." #renewyou

@KarenRussoMoney: "If you're in a money mess, it's not that the universe is w/holding something from you." #renewyou

@KarenRussoMoney: "Every financial transaction can be made sacred, a regular practice like meditation." #renewyou

@KarenRussoMoney Imagine yourself on a regular basis taking excellent care of your money as a spiritual practice.

@AndRam I heard someone say once that money is like a child and it likes attention. (Andrea)

@KarenRussoMoney: "Money is a relationship in life, the more attention u give it the better it will be." #renewyou



Leanne Ely, CNC.

Nurture, Nourishment and Nutrition: Saving You and Your Family One Meal at a Time

@savingdinner: "The family dinner table has lots of power - to keeps kids grounded & secure, better nourished." #renewyou

@savingdinner "When do we take a moment to breathe and ask 'how was your day?' if not at the family table?" #renewyou

@savingdinner: "The dinner table is not a gathering place 4 bags and mail, it's sacred. Set it, use it." #renewyou

@savingdinner: "Mark your table w/big bowl of fruit or vase of flowers to mark it as a sacred place." #renewyou

@savingdinner: "If you fail to plan, you plan to fail. Dinner needs a planning approach so it gets done." #renewyou

@savingdinner: "Get yr kids involved w/making dinner. When they have ownership of their food they're much more likely to eat it." #renewyou

@savingdinner: "Food is always an event, the center of all our celebrations, and it's an a daily event in your own home." #renewyou

@savingdinner: Nobody says you have to do everything at 5 o'clock, you can chop the onions right after breakfast.

@savingdinner: "Cooking equals love. It doesn't need to be brain surgery, but it's a life skill all of us need." #renewyou

@AndRam: If you buy good ingredients, it's hard to do something really wrong (unless you're baking.)

@savingdinner: "Feeding yourself involves choosing food, preparing it. You can't depend on restaurants to care about your health." #renewyou

@AndRam: Good fats r expensive, the first way restaurants cut costs is using cheap fats, this has created sooo many health issues. #renewyou.

@savingdinner: "Mise en place: Get everything you need out on the counter in front of you, w/in reach when u cook." #renewyou

@savingdinner: "Your kitchen is a work area, not a place for knick knacks. Clear the decks!" #renewyou

@savingdinner: Your kitchen isn't just a place for big appliances, it's a workspace.

@savingdinner: "As @jjvirgin says, exposure = preference. After enough exposure, your preference comes around, w/kids too." #renewyou

@savingdinner You can train a child's palate - it's a learning experience like every other, but it takes repeat exposure.



Mary Tedesco Inspired to Exercise: Get Active and Fit in 5 Fun Steps

Mary Tedesco: A quote from Plato I live by: "Let us build up physical fitness for the sake of the soul."

Mary Tedesco: "The combination of weight training, yoga, pilates is amazing. It's my recipe for fitness."

Mary Tedesco: "@MarthaStewart makes fitness is her #1 priority, feels that her workouts help get her thru her crazy busy life." #renewyou

Mary Tedesco: "For every person struggling w/fitness, there's a person w/a disease that would love to get up and take that walk." #renewyou

Mary Tedesco: "Find a charity fitness challenge: It's a total win/win. You will be so inspired it will change your life forever." #renewyou

Mary Tedesco: "Why not go buy yourself a really sexy/cool exercise outfit so you feel great when working out?"#renewyou

Mary Tedesco: "Grab a notebook and start planning. Make a plan for an entire month - the day, kind of workout."

Keep the workout clothes right in front of you when u wake up. Bring extra sneakers/workout clothes in the car.

Mary Tedesco: "You're more successful when fitness goals are specific. Record daily what you've achieved." #renewyou<http://ht.ly/1OfNg>

If your workouts are not an appointment in your planner you're probably not going to do it.

Andrea: Focusing on what didn't work instead of what DID is a favorite trick of self sabotage. Write down the good. #renewyou

Mary Tedesco: "When you hook up w/one friend & commit to a workout it really really helps w/your goals!" #renewyou

Mary Tedesco: "A lot of people don't realize the lifestyle choices they're making, we can change by picking one habit at a time." #renewyou

Mary Tedesco: "If you're a beginner, get out there and walk - walk up some hills so you exert yourself. 1 hour/day, 5xweek." #renewyou

Mary Tedesco: "An hour/day to get your body moving is doable for most people. If @MarthaStewart can find the time, you can." #renewyou

Mary Tedesco: "Life will change for you when you get moving. Get out there, be inspired by life, every day." #renewyou



Laura Klein

The Smart Pantry: Time and Money Saving Foods for Health and Flavor

@organicauthorit: "If you made a beautiful homemade vegetable soup, would u add pesticides & chemicals to it? #renewyou

@organicauthorit: "Pesticides r designed to attack nervous system of pests & they'll start to attack ours." #renewyou

@organicauthorit: "Just pick 1 area to begin reducing your exposure to poisonous compounds." #renewyou

Consumers in America need to be very savvy at reading labels. Organic in a name doesn't mean 100% organic. #renewyou

2:30 @organicauthorit: "Labels: 1st is it organic? 2nd, ingredients: are there things I don't want in my body?" #renewyou

@organicauthorit: "The healthiest foods you can eat are as close as possible to what Mother Nature produces." #renewyou

@organicauthorit: "If something is full of ingredients you can't pronounce, you may want to move on." renewyou

@organicauthorit: "You'll always find eggs & steel cut oatmeal in my pantry. Good breakfast sets you up for healthy blood sugar." #renewyou

@organicauthorit: "Cabbage is one of the few greens that you can turn into salad and eat the next day." #renewyou

@organicauthorit I always have ginger, real butter, cheese, whole grain or sprouted bread. Lemons, limes and fresh herbs.

@organicauthorit Grow herbs so you always have fresh ones - they add so much flavor

@organicauthorit When I eat meat its grassfed from birth to market because it's healthiest and high.

@AndRam I love growing herbs b/c buying a bunch is a lot to use at once and they're expensive. They're easy to grow.

@organicauthorit: Beans and lentils: high in protein and you can make in bulk and have around for the week.

@organicauthorit: "Pick a few nights to cook & put on the calendar, plan the recipes." #renewyou

@organicauthorit: "Set yrself up w/great staples you're on your way to eating healthy, more energy and even losing weight." #renewyou

@organicauthorit: "Preparation sets you up for success: taking good snacks, putting home-cooked meals on your calendar." #renewyou



Stephanie McWilliams **Your Space for Success: Designing Your Dream Environment for Greater Purpose, Passion and Profits**

@changeyourchi: "The places where you feel broken or weakest and are very likely to become your strengths." #renewyou

@changeyourchi: "I first was skeptical about tried feng shui, then amazed how fast things in my life began to shift." #renewyou

@changeyourchi: "Wind + water is literal translation of feng shui: the two most powerful forces in nature." #renewyou

@changeyourchi: "I see at your home as a reflection of yr life, body - an outer projection of what's inside." #renewyou

@changeyourchi: Everything in your space is figuratively talking to you, make sure it says something nice. #renewyou

@changeyourchi: We want your space to reflect who you're going to be in 2-5 years, instead of who you were. #renewyou

@changeyourchi: "Your home can move you forward, shifting releasing and even deleting old negative patterns." #renewyou

@changeyourchi: "When we're looking for a major shift in mind/body/space - often we have least resistance w/changing our space." #renewyou

@changeyourchi: "I use a 50/50 rule, I like to leave closets, cabinets, drawers 50% empty. Allow space for new things to come in." #renewyou

@changeyourchi: "Create a space that lets you to blossom into who you already are. #renewyou

@changeyourchi: One of the biggest ways we self sabotage is by overfilling: time, space, physically... make space for the new. #renewyou

@changeyourchi: "Learn how to shop for your home from how you feel in your body, that's great feng shui." #renewyou

@changeyourchi: "Little shifts can make a big difference. Just start where you are with what you have." #renewyou



LiYana Silver Bringing Sexy Back: Decoding Desire, Attraction and Connection

@liYanaSilver: "I define desire as an urge that is inspiring, uplifting, expanding - possibility itself."
#renewyou

@liYanaSilver: "Whatever stage you're at with knowing or being in touch with what you want, the first step is just awareness." #renewyou

@liYanaSilver: "It's a paradox, desiring from lack doesn't work, if already satisfied and want more, that's a recipe for magic." #renewyou

@liYanaSilver: "Try going from 'this sucks' to 'this just is,' then we can notice what's already good & things can get better." #renewyou

@liYanaSilver: "Desire and longing is life itself: it's growth, movement, what gets us from here to there."
#renewyou

@liYanaSilver: "If you don't lay the groundwork of appreciation, the ability to manifest your desires derails." #renewyou

@liYanaSilver: "Having needs doesn't mean you're needy. When we're in a good relationship w/our needs, our life is more positive." #renewyou

@liYanaSilver: "Mostly we want to feel seen, heard, appreciated. If that doesn't happen we settle for feeling right." #renewyou

@liYanaSilver: "The #1 thing to increase connection in your life is to appreciate the good about the people in your life." #renewyou

@liYanaSilver: "When you're aligned w/yourself radiant incendiary mad sexiness is possible." #renewyou

@liYanaSilver: "When a pattern causes pain in your life, remember in the past it was an elegant solution we've just outgrown it." #renewyou



Melonie Dodaro The Psychology of Permanent Weight Loss

@mindbodyfx: "Most people know what to eat, the need to exercise. The key is figuring out what the mental barrier is for you." #renewyou

@mindbodyfx: "Diets only consider eating/exercise & miss the link between your mind and your body." #renewyou

@mindbodyfx: "If you're not willing to think differently, you'll always get the same result." #renewyou

@mindbodyfx: "What goes on in your sub- and conscious mind will determine all of your results, good or bad." #renewyou

@mindbodyfx: "Most weight loss efforts begin w/what you should/n't eat but need to start w/what you should/n't think." #renewyou

@mindbodyfx: "When neg thoughts challenge your goals, replace it with something empowering and positive." #renewyou

@mindbodyfx: "What are your reasons for wanting to lose weight? Connect w/why it's important to you." #renewyou

@mindbodyfx: "Set mini-goals for a day, a week. Stay focused on 1 day at a time." #renewyou

@mindbodyfx: "Sometimes it's just a little shift in consciousness that propels you to the lifestyle you want." #renewyou

@mindbodyfx: "You can't just think better thoughts/lose weight. It is all about healthy actions you take after shifting beliefs." #renewyou

@mindbodyfx: "When you change the way you think, you experience a new dimension of potential for your life, new choices." #renewyou

@mindbodyfx: "Start with really small changes so they become a habit, don't bombard yourself w/too many at once." #renewyou

@mindbodyfx: "Make a list of 10 different things that will move you closer to your goal, cross one off each week." #renewyou

@mindbodyfx: "Your thoughts create your feelings which create your actions which create your results." #renewyou

@mindbodyfx: "You have 100% control over what u accept in yr conscious mind. Ask yrself, is this the thought I choose right now?" #renewyou



Alisa Vitti Hot, Sexy Hormones

@alisavitti: "We once thought that women lost libido after menopause, now it's any age." #renewyou

@alisavitti: "Hormones are the stuff of life. Your hormonal balance is your fountain of youth." #renewyou

@alisavitti: "It's crazy to me that women have elegant hormonal systems but have no idea how they work/ how to take care of them." #renewyou

@alisavitti: "Regular orgasm protects against osteoporosis and heart disease. Would you rather take calcium supplements?" #renewyou

@alisavitti: "Orgasm is a natural detox process, & boosts infection fighting cells 20%. Snuggle up during cold/flu season!" #renewyou

@alisavitti: "Your libido is a really important part of life, for pleasure & health. Don't take it lightly if it's missing." #renewyou

@alisavitti: "Just connecting w/our bodies more can begin to heal the libido, more than food/ supplementation alone." #renewyou

@alisavitti: Healing hormonal issues as a whole is very important in understanding where your libido has gone.

@alisavitti: "Your missing libido what's wrong, it's a symptom of underlying hormonal issues. We need to treat the causes." #renewyou

@alisavitti: "The #1 thing women do to mess w/libido is mis-managing blood sugar. Over time, depresses testosterone production." #renewyou

@alisavitti: "This is more than just 'what do I do to get my libido back,' it's are you ready to put your self care first?" #renewyou

@alisavitti: "Getting healthy for healthy's sake is not that interesting. What do you want to do, create with that energy?" #renewyou

@alisavitti: "Construct meal templates that stabilize your blood sugar and work w/your metabolism - everyone is different." #renewyou

@alisavitti: "Let's all please get over this low-fat/no-fat diet. Good quality fat boosts the healthy production of all hormones." #renewyou

@alisavitti: "It takes women a little time to snap back from a negative emotion, find techniques to let it out." #renewyou

@alisavitti: "Your sexual expression is throughout your whole body, simple things enliven/nurture your libido." #renewyou



Jennifer Louden Ending the Pain of Perfectionism

@jenlouden: "We're being called to evolve by learning what is good by naming what is enough."
#renewyou

@jenlouden: "Perfectionism, overwhelm, stuckness: it's all related to not knowing what is enough."
#renewyou

@jenlouden: "We have to train ourselves to rest in the moment and appreciate the good." #renewyou

@jenlouden: "Perfectionism is a multi-billion dollar industry. No one's selling you the idea you're good enough the way you are." #renewyou

@jenlouden: "We all get lost and forget. We need really simple tools to keep us remembering: support, community." #renewyou

@jenlouden: "Your brain is wired to look for what's missing, it takes practice to rest and feel satisfied."
#renewyou

@jenlouden: "We stay caught in perfectionism b/c when we get to the goal we raise the bar, we never experience completion." #renewyou

@jenlouden: "If we never experience the satisfaction of enoughness we train our brains to be hungry ghosts." #renewyou

@jenlouden: "We can't reach 'best.' What does 'best' look like on any given day? Conditions of enoughness can give it a shape." #renewyou

@jenlouden: "Research shows setting really high goals & an idealized sense of what is possible leads us to take less action." #renewyou

@jenlouden: "I've decided the goal of being alive is to enjoy it, knowing what is enough is an incredibly useful tool for that." #renewyou

@jenlouden: "Setting conditions of enoughness gives us a way back to trusting ourselves and that's really what gets us unstuck." #renewyou

@jenlouden: "Perfectionism is a desire to see what the whole thing looks like. Enoughness is a place to stand right now." #renewyou

@jenlouden: "Take a moment to feel we're enough right now, as we are: imperfect, dented, afraid - who cares?" #renewyou