



~~With~~ **With Less**

~~executing a series of delectable dishes.~~

~~fewest ingredients that took the least amount of time to prepare.~~

~~grilled peach half.~~

~~I wondered~~

Activity level + People pleasing = Success

community, and worked two jobs. I got good grades, won awards... |

“formula” |

succeed by doing and being “more.” |

More community involvement. |

One day, I hit the wall— |

My health simultaneously hit |
rock bottom.

The success formula that delivered results numerous times was no |
longer sustainable.

The only reasonable option was “?” |

in the past is no longer delivering the results you desperately desire— |
when your formula for personal and prof

Overwhelming. |

prison cell |

[REDACTED]

[REDACTED] "I" doesn't have to

[REDACTED]

If you're willing to let go of o

[REDACTED]

[REDACTED]

That's exactly what I had to do. One moment at a time. One

[REDACTED] what trapped me

[REDACTED]

[REDACTED]

[REDACTED]