



Sweet Path Wellness

Live your Soul Purpose in a Body you Love

with Priscilla Stephan

2015: Sweet Lessons to live by:

#1: Love is always the answer

#2: Trust in yourself, your resourcefulness and in the benevolence of the Universe

#3: Come from the heart. You create deeper connections this way and less judgment

#4: Believe in yourself, speak your truth, own your value

#5: When stressed, get strategic and find an empowered solution

#6: Chocolate makes everything better (!)

#7: Say no more often. It's incredibly liberating

#8: Do work you love. It's the best high; arguably better than sex

#9: Compassion is a game changer

#10: Take the lessons and the high road in difficult situations. Trust that it's all happening for your Highest good

#11: Stay in the moment: this is all there is

#12: Keep it simple. Struggle is a choice

#13: You're the architect of your life. Choose wisely

#14: Align with your soul's purpose: it's freakin' amazing

#15: Wealth often comes in small packages and moments filled with pleasure and joy. Feeling rich is easier than you think

#16: Believe in your dreams and yourself more than in your fears. Your fears are only here to help you grow and to test your resolve. How badly do you really want it?

#17: Put yourself first

#18: Don't take life so seriously. Laugh more and work less