

Pillars of Self-Reliance

- 1 Trust** - More than anything else this is about trusting yourself, your heart, and your ideas.
- 2 Courage** - Following your unique path may be the most courageous act of all.
- 3 Curiosity** - To wonder, explore, experience it's all we are here to do.
- 4 Mindfulness** - How much joy and happiness do we waste spending time living in the past or future rather than the present.
- 5 Non-judgement** - Minute by minute our mind is engaged in judging and experiencing just about everything as right or wrong
- 6 Resilience** - History has shown that the most successful entrepreneurs have a way of reframing every success and failure as little more than a chance to learn.
- 7 Gratitude** - When you practice grace you can no longer feel sorry for yourself and your circumstances.

