

Hi!

I created this because I was you.

The woman juggling businesses, chasing goals, doing all the things while secretly feeling like none of it was ever enough.

I didn't know I was running on stories that weren't mine... stories I picked up from a world that taught me to prove, push, and perform.

What I've learned is this:

That constant doing? It disconnects you from you.

This practice may seem simple, but it's powerful. It's where things began to shift for me.

It's the pause I never knew I needed... until I couldn't keep going the way I was.

Now I live slower, softer, and more fully, and I want that for you too.

With love,
Grace