



I Couldn't Get By Without...

SLEEP

I know, sounds so basic... but you need to sleep more. This is non-negotiable. If the voice in your head is telling you 10 reasons more sleep is impossible, stop reading this and contact me.

As a self-proclaimed master of sleep, I will help you hatch a plan to add more restful sleep into your life.

FUN

Find little ways to create sunshine, even in the most mundane moments. Don't be afraid to get silly. On Fridays, I bring a microphone to my day job and turn the 4 minutes in between classes into a disco dance party.

If nothing else, I show the young people that you can have a career and enjoy it.

CONNECTION

Sometimes I describe myself as a lone wolf, but I thrive when I run with my pack. Connecting with my people, whether it's quick texts or long lunches, lifts me up personally and professionally to heights I simply couldn't reach on my own. I didn't find this crew until well into my 30s, so don't fret if you haven't found yours yet. And... there's always room for more members in our pack.

