

FEW THINGS WE SHOULD HOLD ON TO



Connection

Maintaining a sense of connection or attachment to something or someone

Loving Memories

The bond to love memories. Those things that add value to your life.



Lessons Learned

Relationships and lessons learn, accepting that people change.



Authenticity

Acknowledge your feelings and experiences. Allow time to heal and mature.



Growth

Honoring the encounters and the experiences that has shaped your understanding and has cultivated your growth.



Possibilities

New possibilities and creative ideas.



Now moments

Live in the now



Faith and God encounters

Hold on to your faith, hope, love, joy and Godly community

