

My 10 rules

1. Remember to always put myself first in a compassionate way – make a constant appointment with me and be there for it!
2. Be kind to others the way I would expect them to be kind to me. Others being human beings, animals or plants as we are one.
3. Always try to see the good in people, situations, places, etc.
4. Be resilient, take my time and always stand up again – never give up on me and on life.
5. Look for how I can impact the world in a positive way (with my talents, my actions, my thoughts, my wishes, my energy...)
6. Continuous learning - Learn every day how to be more and more my authentic self – and how to express it to the world.
7. Be humble – everyone has something they are struggling with; everyone has his/her jewel – try to discover it!
8. Stay open for serendipities and practice gratitude - honor where I came from and be open, looking forward to a bright, interesting future.
9. Stay connected - Listen to what my body and the universe have to tell me.
10. Do more of what makes me happy, e.g. writing, taking photos, travelling, counselling, manual artwork, etc.

Sandra Santos - November 2020