



What do you want, darling?

The greatest form of self care is self LOVE. Ask for what you want, prioritize your NEEDS over other people's wants. People pleasing is not a form of self love. Let's talk about what boundaries look like and feel like. What would life look like if you had healthy boundaries in place?

- get serious about honoring your space
- stop allowing 24/7 access to you
- you are worthy of free time
- you are loving even with boundaries!
- will empower you to stay aligned
- know you are sacred & so is your time/mind/soul

All materials included:

Stamps, cards, inks, sharpies, words



Using Intentional Creativity® participants will stop people pleasing and start loving themselves. How radical! Be a woman of sacred space rather than a recipient of others wants. Let's talk, write, and uncover your custom boundaries together! Plenty of stamping and embellishing/gluing fun for 12 cards.

2.5 hours

\$75 ea.

\$60 ea. two or more participants



"What an exciting class we had! I felt seen and even heard after my cards were all done."
-Deb L