

DIVERSITY

Learn new things every day to keep your mind sharp and your life interesting.

RECYCLING

Don't waste your emotional labor any more than you would waste a glass bottle.

BOUNDARIES

Choose your emotional boundaries as carefully as you design your garden fences.

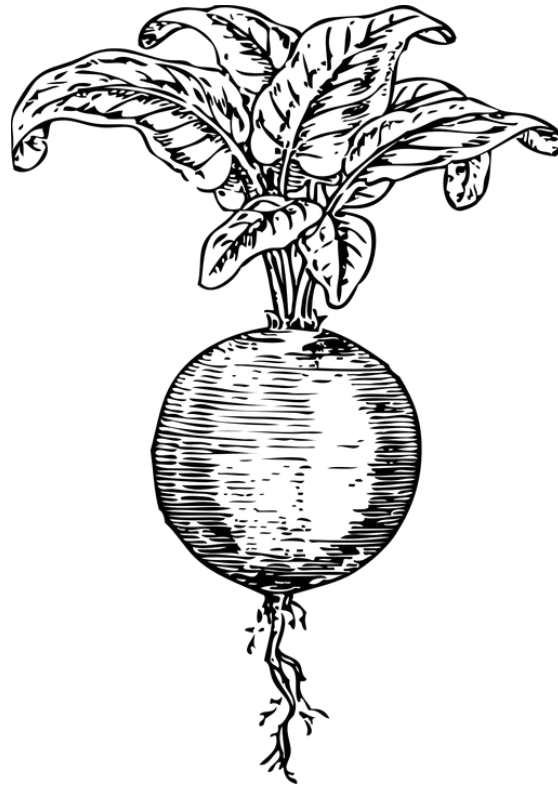
RELATIONSHIPS

Choose who to include in your life based on how well they relate to the whole system design

ECOLOGICAL PRINCIPLES

for your daily practice

strategies for a resilient inner and outer landscape



@heatherjoflores

CREATIVITY

Innovate solutions based on the resources you already have.

PLACEMENT

Put yourself in places and situations that will lead you to the life you want. Avoid toxic spaces.

AUTONOMY

Take care of your own needs, first. Only then can you be of true help to others.

PATTERNS IN NATURE

Work with nature, rather than against it. Recognize that life is short and that you cannot change anybody but yourself.

ATTITUDE

Do your best to laugh every day, even in the worst of times. And make space to grieve. Keep your chin up!