

MoveMindfully®

Inner Resources: ORIGIN STORY

Two of the most positive messages my parents instilled in me from a very young age were, “You can be what you will see,” and, “Attitude is everything!” These affirmations have been life- and spirit-sustaining for over five decades, dealing with the intensity of my limiting belief that “I’m not enough.”

I see and appreciate how my parents helped inspire the connection with my Inner Resources — the parts of myself that are always available to support my well-being. The challenging period of young adulthood activated my Inner Resource PERSISTENCE; and along with my passion for self-discovery, learning, and personal growth, I began cultivating other Inner Resources. Starting with COURAGE, DREAM, GRATITUDE, MINDFULNESS, UNDERSTANDING, NO! and YES!, I embarked on a journey of self-discovery that helped me navigate a wide range of complex situations over many years.



The **Inner Resources Card Deck** is an integration of my life experience to date (rich with challenges, opportunities, and learning), motivated by my love for creating tools and practices that are compelling and accessible.

The Inner Resources cards are beautiful, featuring (mostly) nature photography from a variety of photographers around the world. The messages and blessings/wishes for each of the 26 Inner Resources are relevant for our complex times, making them an important resource for adults engaged in social-emotional learning and committed to doing their “inner work.”

Because cultivating Inner Resources requires the integration of body-mind-heart, the partnership with MoveMindfully® is perfect, allowing guided self-discovery to be experienced by a wider audience of adults in education, therapeutic, and other settings.

I appreciate the many teachers, mentors, and collaborative partners who have supported my personal journey including Kathy Flaminio and the MoveMindfully team. With deep gratitude, I acknowledge Angeles Arrien, Ph.D., cultural anthropologist, and author of *The Four-Fold Way*, whose teachings are the foundation for how I choose to live.

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