

what is gracious



Gracious practice is kind and allows for growth through mistakes. It does not judge, compare, envy or allow for negative self talk. It always loves, creates, and celebrates even in “the small stuff”. It’s easy to get discouraged and allow for toxic thoughts to rule our minds, as we journey through life and learning. However, ultimately we have the power to change our thought life, and live in truth. If you encounter any negative thoughts during your practice this is a space to release and reframe them into positive truths. Feel free to come back to this page as you need at any point in your practice.

negative thoughts

positive truths
