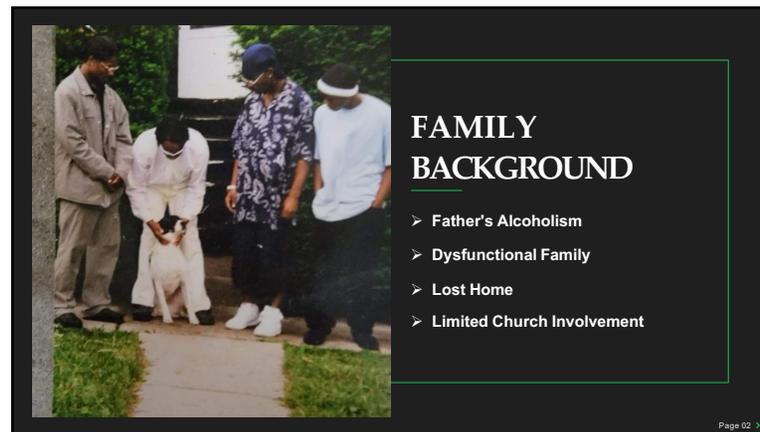




1



2



## CHANGING ENVIRONMENT

-  Moved to Minnesota
-  Divorced
-  Stopped Hanging Out
-  Embraced Mindfulness

Page 03 >

3



## ART SAVED MY LIFE

 Filmmaker and Photographer

 Documentary Work

Page 04 >

4

## UNHEALED CHILDHOOD TRAUMA



The slide features three circular icons arranged horizontally. The first icon shows a green heart with a white cross inside, held in two hands. The second icon shows two hands shaking in a firm grip. The third icon shows a green silhouette of a head with a white question mark inside.

Page 05 >

5



## DISCOVERING MY PURPOSE AND PASSION

- Moving Out
- Educational Pressure
- Loss of Positive Influences

Page 06 >

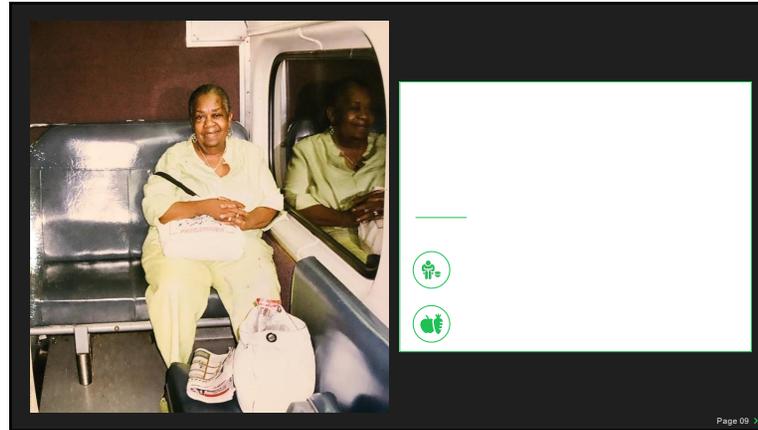
6



7



8



9



10

**LIVING NATURALLY  
ABUNDANT**

- Community Engagement
- Finding Joy, Strength, and Purpose



Page 11 >

11



12



**TRANSFORMATION AND HEALING**

-  Overcoming Addiction and Conditioning
-  Recognizing the Role of Food in Healing

Page 13

13

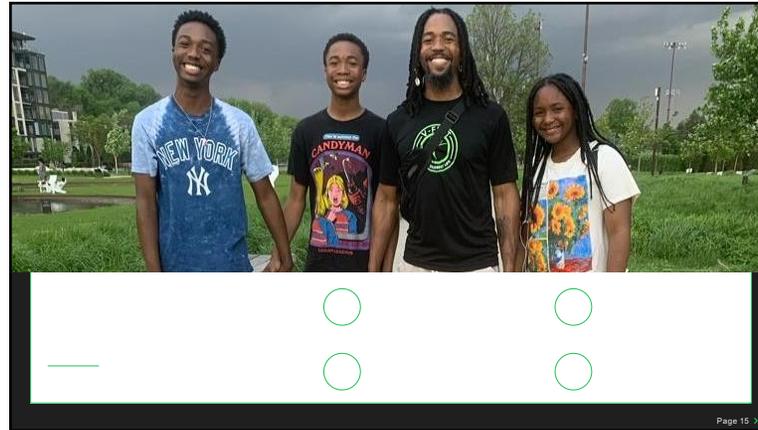
**EMBRACING SELF-CARE**

-  Current Endeavors
-  Organizing Healing and Health Spaces



Page 14 >

14



15

**POSITIVE PROGRESS AND SUCCESS**

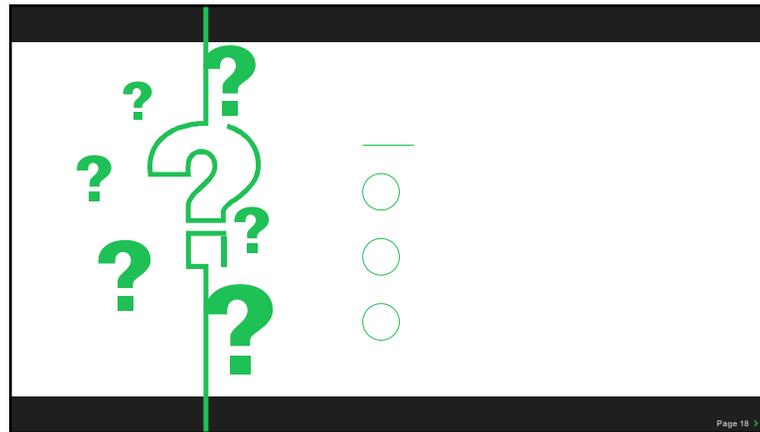
- Community Support and Self-Worth
- Encouragement for Community Support

Page 16 >

16



17



18



## CONCLUSION

- Emphasizing the Value of Self-Worth and Positivity
- Call to action or closing remarks

Page 19 >