

Around the world at Seattle Sunrise

2020-2021

Broken Glass

“Recognize what is going on
Allow the experience to be
there just as it is
Investigate with Kindness
Natural awareness”
Bill

March 21, 2021

First zoom meeting



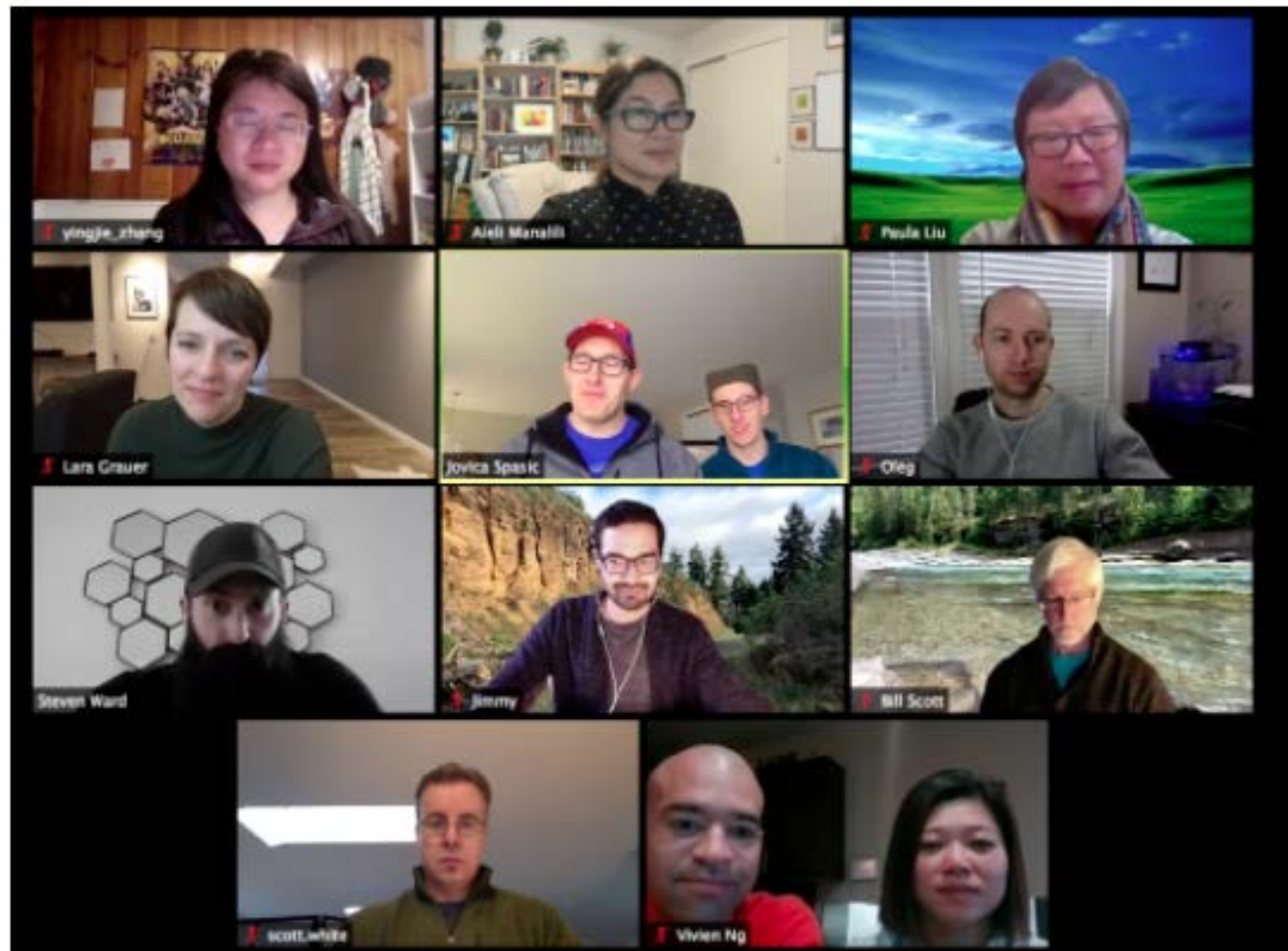
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“
Bill interviewed Jason, who
was on cruise to the Caribbean
that had a confirmed infected
Coronavirus case.”

Aleli

March 28, 2020

The first time I realized the
potential for fun (more) on zoom

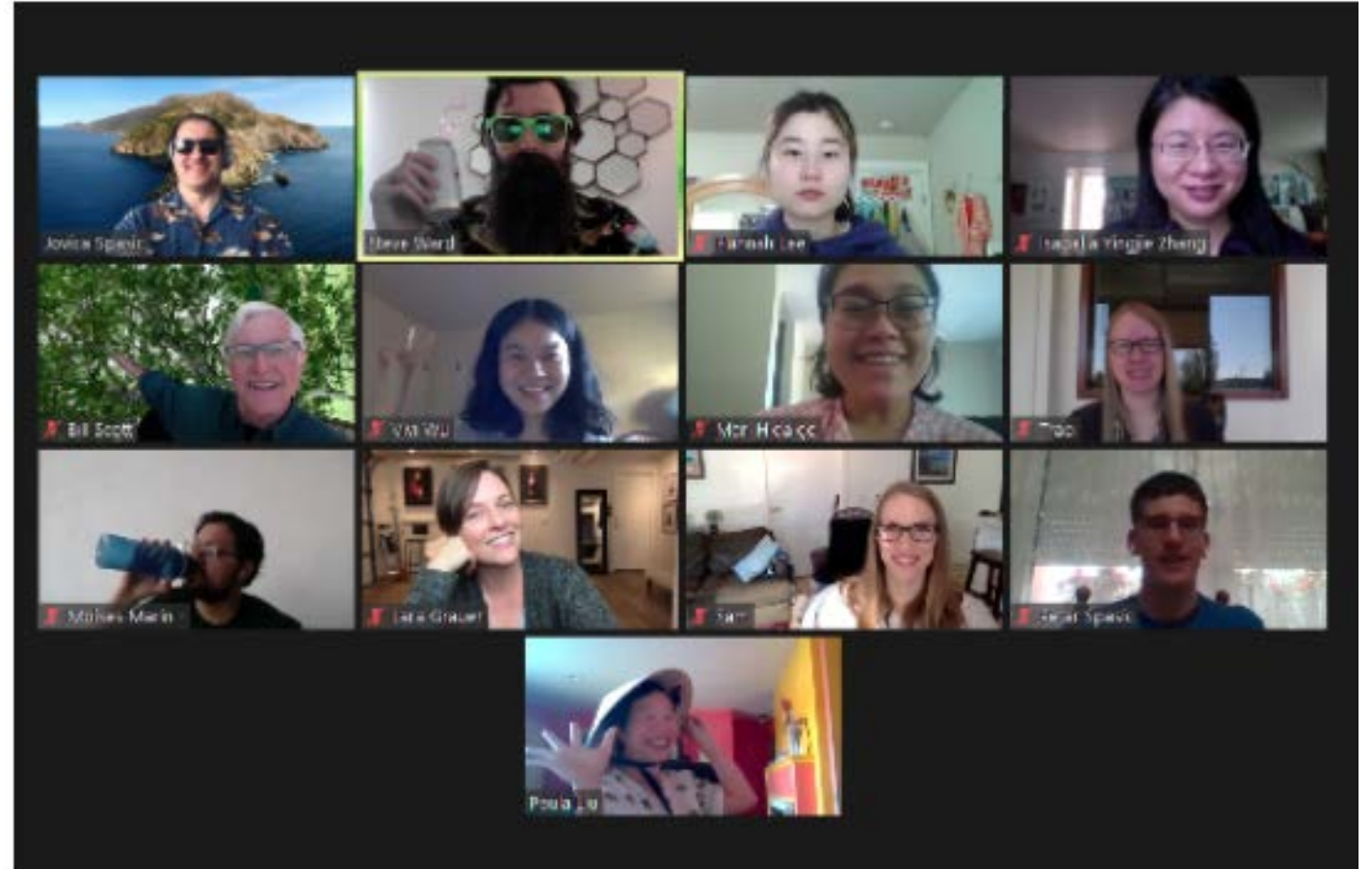


Vacations

“ Bust out your swim gear and sunscreen – we’re going on vacation, y’all! Well, maybe more like *stay-cation*, for now...”

Steven

July 18, 2020



Creativity

“Honing our creativity
can help us do all these
things and more!!”

Steven

September 19



To give your best effort, do it like it's the **LAST TIME** you are doing it.

Moises, August 2020

- ◆ One time events, do not give you a second chance.
- ◆ You have to perform at your best because else could mean failure, death or worse, unemployment.
- ◆ When you are packing your parachute before a skydive, will you not do your best effort?
- ◆ You can get additional inspiration , motivation and energy for an activity if you think it's the last time you are doing it.
- ◆ This is an ingredient in the recipe for success.

A Fresh Start
and A New
Year
“Sparkle the
future”

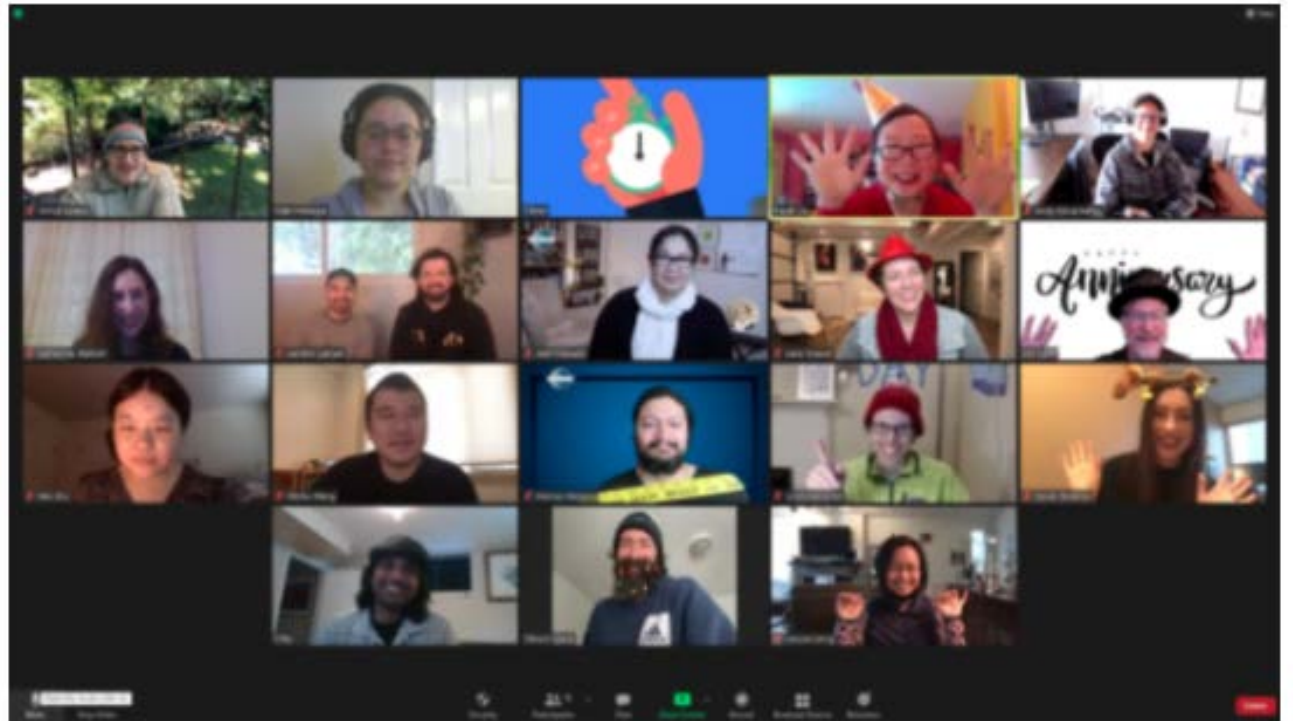
Traci

January 14, 2021



13th Birthday
Anniversary
Word of day:
Fantabulous

February 13, 2021




It's so easy
“ generosity, family,
acceptance of others and
oneself: these are the
simple things that bring
us lasting happiness”

Paula

April 24, 2021





Here's to
2021-22!

Thank you Seattle Sunrise!