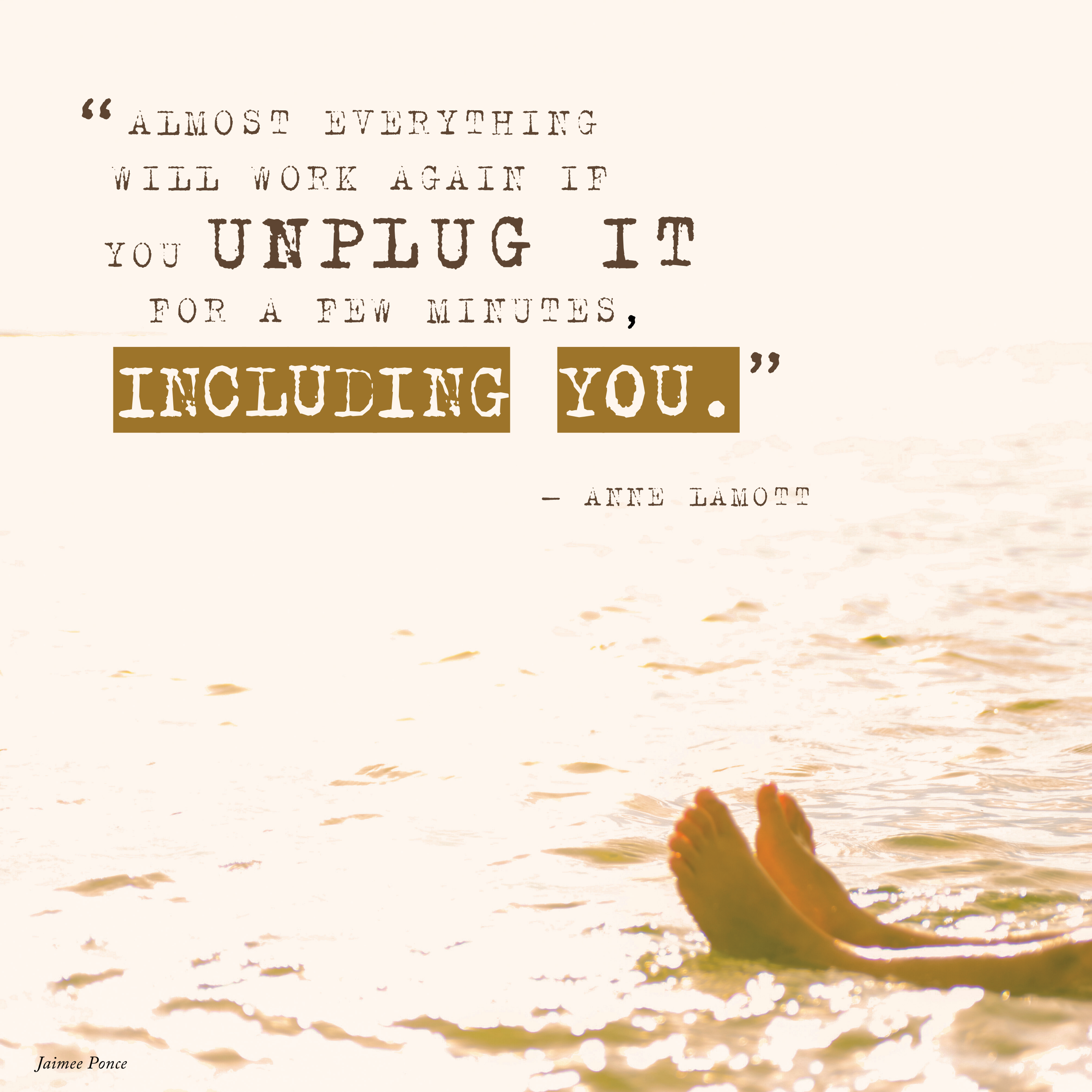


"It always pays to dwell slowly
on the beautiful things — the more
beautiful the more slowly."

— *Atticus*


Morning walks, MARKETS,
COFFEES, *fresh flowers,*
BOOKS, A BEAUTIFULLY SET
TABLE, DELICIOUS FOOD,
FAMILY, *great company.*



A photograph of a person's feet sticking out of the ocean water at sunset. The water is a mix of white foam and deep blue, with the sun's glow creating a warm, golden light across the scene. The text is overlaid on the upper half of the image.

“ALMOST EVERYTHING
WILL WORK AGAIN IF
YOU **UNPLUG IT**
FOR A FEW MINUTES,
INCLUDING YOU.”

— ANNE LAMOTT



“Give me a quiet life, give me trees, the wind
through them, give me a sea and the song it sings.
Give me heartbeats shared with those I love,
give me peace and a long deep sleep.”


— TYLER KNOTT GREGSON

A close-up of a car's rearview mirror. The mirror's frame is dark and metallic. The reflection inside the mirror shows a vibrant sunset over a body of water, with a road leading towards the horizon. The sky is filled with orange and yellow light, and the water reflects the same colors. The overall mood is serene and contemplative.

“I fall in love every day.

With new songs, dogs, scents,
pieces of art, illusions,
five-minute conversations,
a sunset in my rearview mirror,
a story. A written note.
A daydream. What a
pleasure it is. To know
gravity.”

— Victoria Erickson

A person wearing a white, ruffled dress is seen from the back, standing in a field of tall grass and small white daisies. The scene is bathed in the warm, golden light of a sunset, with the sun low on the horizon, creating a strong lens flare and long shadows. The overall mood is peaceful and contemplative.

*"It was sunsets
that taught me
that beauty sometimes
only lasts for a couple
of moments, and
it was sunrises
that showed me
that all it takes is
patience to experience
it all over again."*

– A.J. Lawless

“

Cherish your solitude.

Take trains by yourself to places you have never been.

Sleep out alone under the stars.

Learn how to drive a stick shift.

Go so far away that you stop being afraid of not coming back.

Say no when you don't want to do something.

Say yes if your instincts are strong, even if everyone around you disagrees.

Decide whether you want to be liked or admired.

*Decide if fitting in is more important
than finding out what you're doing here.*”


— Eve Ensler

“Take your time getting
dressed this morning;
read a book, make
yourself some breakfast.

*The world
can wait.”*

— Whitney Nobis






“I like cancelled plans.
And empty bookstores.
I like rainy days and
thunderstorms. And quiet
coffee shops. I like messy
beds and over-worn pajamas.
Most of all, I like the
small joys that a simple
life brings.”

- Unknown

Sarah Abraham






*"There's no time
to be bored in
a world as
beautiful as this."*

- Unknown

"I don't have a favorite season. I have a favorite feeling. It's the windows down, silent back roads with dirty bare feet feeling. It's when I can walk straight outside without pausing to fish out a jacket. It is curtains dancing around my room because of the cool breeze that pushes against its fabric. It is sunsets after dessert and grass as my pillows. The sound of lawnmowers, of falling leaves, and rain against the window. Pockets of shade and walks along a gravel road. I don't have a favorite season. I have a favorite feeling."

— Unknown



A person is sitting on a wooden dock or pier, with their legs crossed and one foot hanging down towards the water. They are wearing blue denim shorts and a light-colored shirt with a small floral pattern. The background is a calm body of water reflecting the sky and the dock. The overall mood is peaceful and contemplative.

"Instead of wondering when your next vacation is, maybe you should set up a life you don't need to escape from."

— Seth Godin