

UNPLUGGED LIFE

→ MANIFESTO ←

FOLLOW YOUR **DESIRES**

ALIGN WITH YOUR **VALUES**

LISTEN TO YOUR INNER VOICE

CONNECT TO MOTHER NATURE

PRACTICE **MINDFULNESS**

EMBRACE LOVE JOY
AWE WONDER

GIVE TIME TO WHAT MATTERS

LISTEN ACCEPT **SIMPLIFY**
ACKNOWLEDGE

— **LOVE & SHARE** —

SERVE OTHERS WITH **KINDNESS**

AND THE INTENTION TO RAISE UP