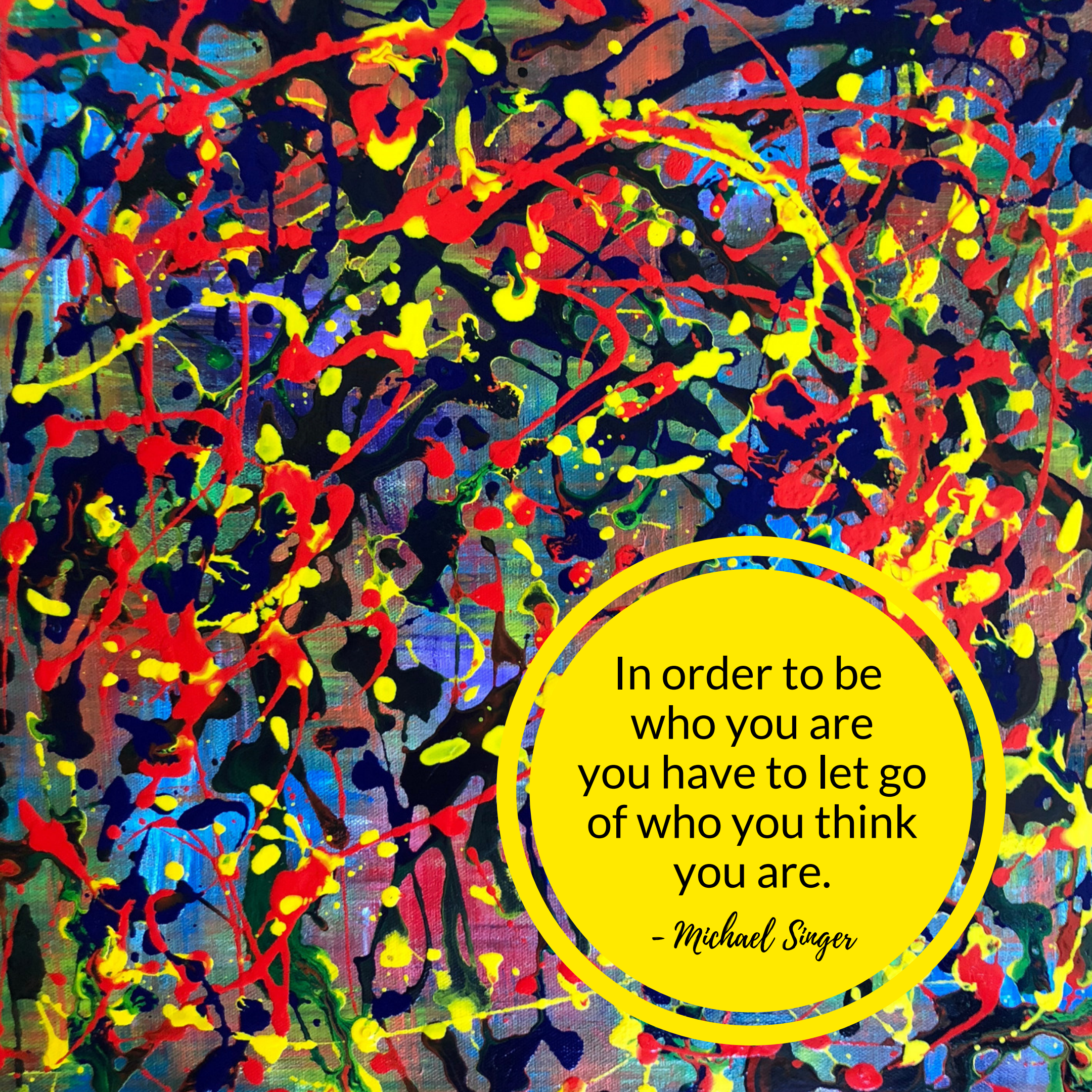


Happier Inspiration

I'm thrilled to share some of my favorite quotes and a bit of my art with you!

I hope they bring you inspiration and joy!

With gratitude,
Nataly
Founder & CEO, Happier



In order to be
who you are
you have to let go
of who you think
you are.

- Michael Singer



*Let everything
happen to you*

Beauty and terror
Just keep going
No feeling is final

- Rainer Maria Rilke



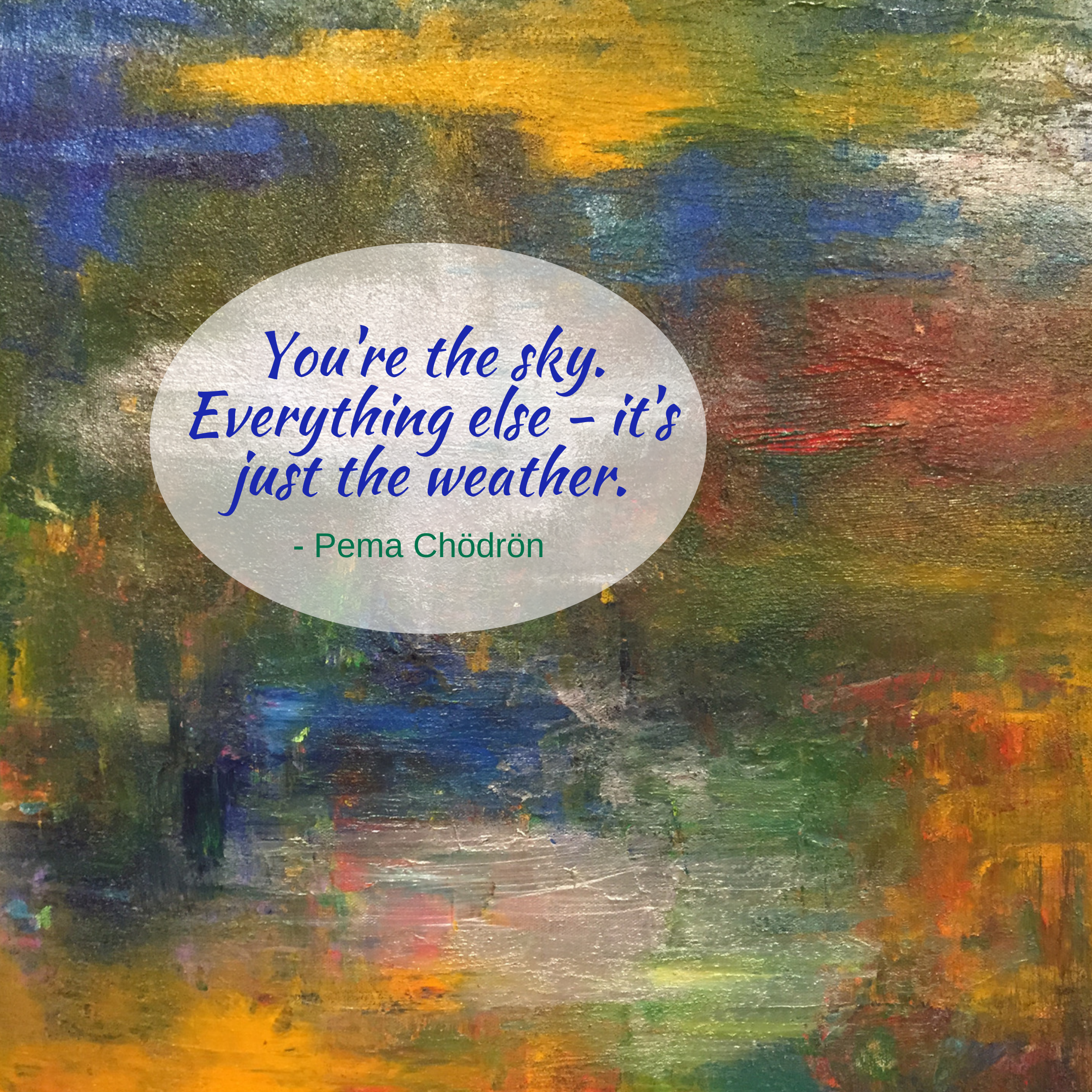
The best time to plant a tree was 20 years ago.
The second best time is now.

- Chinese proverb

The background is a vibrant, abstract painting. It features bold, sweeping brushstrokes in a variety of colors including bright yellow, deep blue, fiery red, and earthy orange. Interspersed among these colorful areas are numerous black ink splatters and thin, dark, branching lines that resemble ink blots or perhaps stylized tree branches. The overall composition is dynamic and energetic, with a sense of movement and spontaneity.


*It's not selfish to do
what brings you joy.*

It's the best investment
in your ability to share
your awesomeness
with the world.

An abstract painting with a textured, layered appearance. The colors are primarily earthy and muted, including shades of blue, green, yellow, and brown. The brushstrokes are visible and expressive, creating a sense of depth and movement. A semi-transparent white oval is centered over the painting, containing a quote in a blue script font.

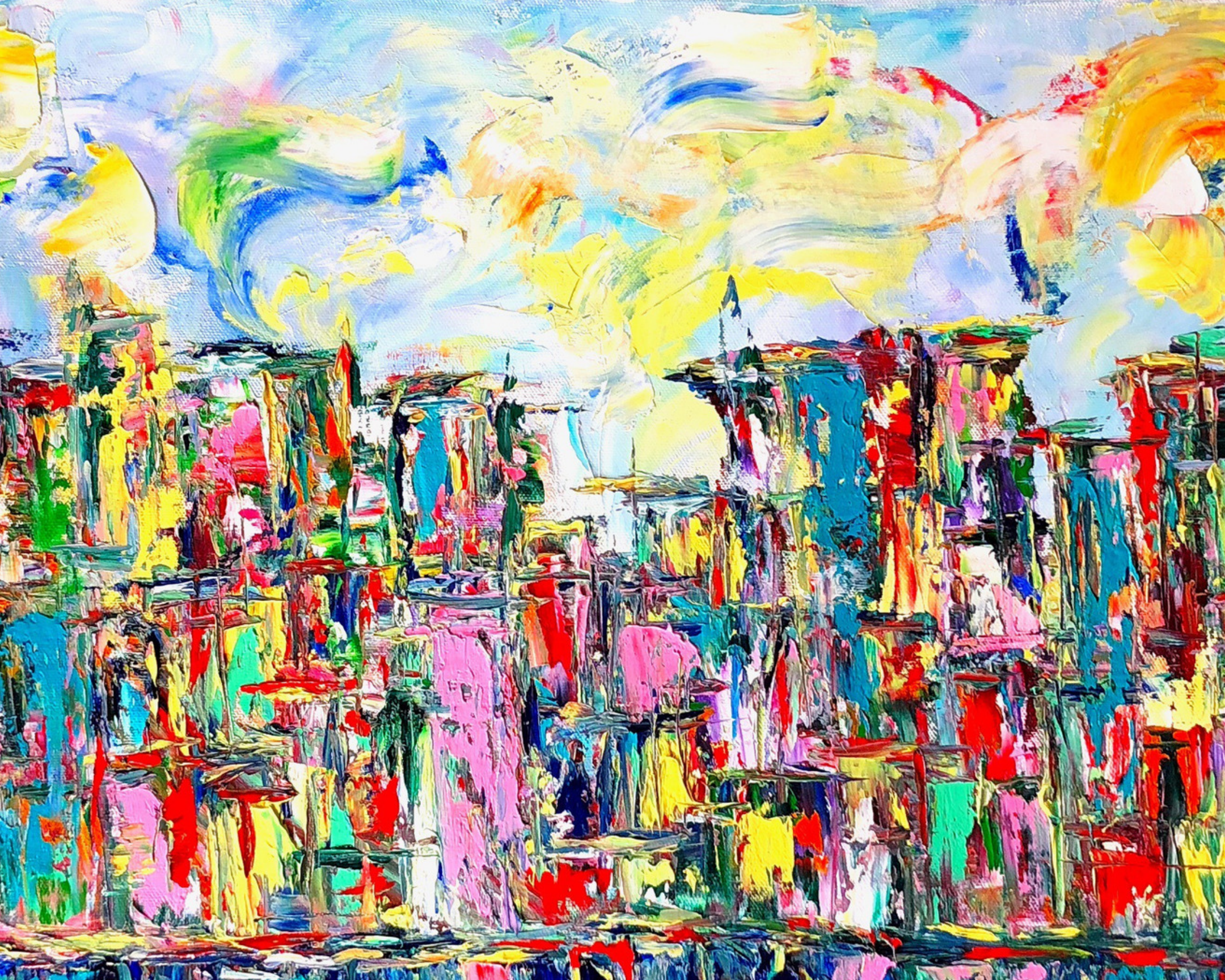
*You're the sky.
Everything else - it's
just the weather.*

- Pema Chödrön

An abstract watercolor painting featuring large, overlapping washes of color in shades of red, orange, yellow, teal, and blue. Interspersed among these colorful areas are several dark, almost black, ink-like shapes that resemble stylized flowers or leaves. The overall texture is soft and painterly, with visible brushstrokes and color blending.


The flower doesn't
dream of the bee.
It blossoms and
the bee comes.

– Mark Nepo



Can you be grateful for everything? No.
But in every moment.

- David Steindl-Rast




*You have been criticizing
yourself for years and it
hasn't worked.*

*Try approving of yourself
and see what happens.*

— Louise Hay



The meaning of life is to find your gift. The purpose of life is to give it away. – Pablo Picasso



**I've been
absolutely terrified
every moment of my life
and I've never let it
keep me from doing
what I wanted to do.**

- Georgia O'Keeffe



*When we give
cheerfully and
receive gracefully,
everyone is blessed.*

- Maya Angelou



*You can't give
what you don't have.*