

# 5 Ways to Detox & Refresh with *Grace*

Speak Self-  
**KINDNESS**

*Proverbs 16:4*

Give Up  
**PERFECT**

*2 Cor. 12:9*

Silence  
**COMPARISON**

*1 Peter 4:10*

Make Space for  
**FAILURE**

*Psalms 73:26*

Choose  
**AUTHENTIC**

*Ephesians 2:10*

