Strong. Kind. Free.

A minimalist framework for a *good life*.



Will this make me *stronger*, *kinder* or *freer*?

Strong in mind
Few crutches,
hard to knock over.

Strong in body
Built to work,
for years to come.

Kind to yourself
Hard on effort,
easy on outcomes.

Kind to others
Warmth for the few,
light for everyone.

Free in spirit
Quick to update,
slow to follow.

Free in life
Rich in time,
light on wants.

strongkindfree.com