

A person is seen from behind, standing on a grassy hill and looking out over a vast mountain range under a golden sunset sky. The scene is peaceful and contemplative. A semi-transparent purple banner is overlaid across the middle of the image, containing a quote in white text.

“Empowerment is the moment you realise you’ve always had the **power to change.**”

- *Sophie Anderson*



“True balance isn’t
about doing more.
It’s about doing
**what matters
most.**”

- *Sophie Anderson*



“When you ***know yourself*** better, you do better.”

- Sophie Anderson



“Just like a ripple starts with a single
raindrop, every change ***begins with a
single step.***”

- Sophie Anderson

A person with dark hair is seen from behind, looking out a window. Their hands are resting on the window frame. The view outside shows a bright blue sky with light clouds. A large, semi-transparent purple banner is overlaid across the middle of the image, containing a quote in white text. The quote reads: "Our **biggest limitations in life** are often the self-imposed ones." Below the quote, the name "Sophie Anderson" is written in a white, cursive font.

“Our ***biggest limitations in life*** are often the self-imposed ones.”

- Sophie Anderson

“You **do not have**
to set yourself on
fire to keep others
warm.”

- Penny Reid

