



Who am I

My 8 Facets

I AM

The Beauty and the Beast
A Butterfly, a Caterpillar
Clothed and naked
I am the whole and nothing
Motivated and sometimes discouraged
Good-natured, impatient
I am a child and an adult
Curtailed yet free

BODY AND MIND

Supple and in pain
Protected and exposed
Hurt and healed
Calm, impulsive
A fighter, yet vulnerable
I am Intelligent, foolish
Sensual and prudish
Charismatic and reserved

PURE EMOTION

I laugh and I cry
I love, I suffer

I am passionate and broken-hearted
In equilibrium and unbalance
Stressed and at peace
I have courage and fears
With anxiety and serenity
I am happy and I'm sad

THE ENERGY

I am tired, yet full of energy
positive, yet I doubt
Up and down
I accept and I resist
With lightness and weight
I am the water and the fire
mindful or somewhere else
I love nature

CONNECTIONS

I am my family
A friend, a liberal and moralist mother
Gratefully rooted and blessed
Lonely, yet surrounded
Observing, but uncomprehending
I am respectful and serious
I speak kindly, yet I am capable of offense
I apologize and I forgive

I PLAN, I DO, I INNOVATE

I experience luck and misfortune
In chaos maintaining structure
I am strong and determined
Reliable yet unpredictable
stubborn, open-minded
In control and helpless
Naive, worldly-wise
I am a partner

I LIVE MY DREAMS

Big yet attainable
I am in the light and in the dark
Living in colors, black and white
In slow motion and workaholic
I am creative and empty
Hopeful, hopeless
Frustrated yet fulfilled

I always give all of me

A WOMAN WITH A VISION ON A MISSION

I am a winner
The brilliant and ordinary rider
Living with success and failure
An eternal learner
I follow my heart
I discover and experience
I learn, implement and grow
To inspire and share

**My Truth is what I am
My Self
Contradictions
All in One
Striving to Be, to Feel and Live my Better Self
I Jump for my Dreams!**

**I am Luciana
This is My Way**

**Come with me and discover
YOUR WAY**

