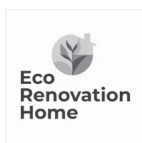


CORE TALENT AND HOW TO DEFINE IT

YES, OF COURSE YOU HAVE ONE!

JUDITH LEARY-JOYCE



INTRODUCTION

Welcome to your core talent!

This booklet accompanies my presentation to the conference:
Aim Bigger Summit. I hope you find it useful.

It is taken from my book: The Psychology of Success

If you have any questions, message me:

Instagram @judith_learyjoyce

YouTube @ecorenovationhome.com

Website: www.ecorenovationhome.com

CHAPTER 1

ARE YOU READY FOR SUCCESS?

Some people just seem to be naturally successful. They use their skills and talents in different ways, discovering more about themselves and reaching one peak after another.

The effect is cumulative. As they achieve, they learn, and as they learn, they develop their ability, so they can achieve more, which means they learn more, and so it goes on.

As a result, they end up accomplishing infinitely more than they ever thought possible. It's an exciting, challenging and very successful approach to life. I call them serial achievers.

In fact, they're not superhuman. They're just people like you and me who've learned how to free themselves from the restraints that hold others back. They've learned that the worst regret is for the things you didn't do, the chances you didn't take.

So they've gone with the opportunities that presented themselves through both tough and exciting times and made the most of them. As a result, they'll never suffer that nagging

dissatisfaction that things could have - should have - been better.

ARE YOU WILLING TO BE THAT SUCCESSFUL?

Are you willing to make the most of the talent and skills you have, going from one peak to another in your life? If you really want to, you can certainly do it.

It will require you to push the boundary of what you presently know to be true. It may result in using your life quite differently, doing work that you never thought of before, or developing your present work way beyond your dreams.

As long as you're up for that challenge, then go for it. After all, in our fast-moving and dynamic world, staying still is not really an option. The ongoing discovery and development that serial achievers live by is the perfect way to stay ahead of the field.

THERE'S ALWAYS MORE TO YOU, SO MAKE THE MOST OF IT

At 80 years old, my father believed he'd wasted his life. By most standards, he was a successful man. He'd had a good career, was full of verve and energy, and he left a strong legacy in the world. The problem was his belief that he could have done more.

For him, the highlight was his years in the Fleet Air Arm during the war. To his mind, this was when he really flowered. It became 'the time of his life' and he held onto it until the end. The constant comparison stopped him taking satisfaction from later achievements. He could only see what might have been. He felt the emptiness of unrealised potential, and it haunted him.

ARE YOU READY FOR SUCCESS?

Of course, although he only admitted it in his old age, the problem had always been there. Like many of his generation, he chose to manage his dissatisfaction and accept his life path without actively seeking to change. But clues appeared continuously over the years in subtle feelings of frustration, in longings for something different.

Living alongside that regret made me determined to use what I had to the best of my ability. It also drives my desire to help others do the same.

THE CLUES ARE THERE FOR YOU TOO

It's those moments of clarity, emotion, and excitement that make clear you're bigger than you ever thought possible. Ignore them at your peril, because therein lie your own seeds of regret. Of course, this doesn't mean the hints and nudges will always work out as you hope.

Sometimes you'll try and fail, but at least you tried and will certainly have learned. And that knowledge will prepare you for your next challenge, your next life chapter.

THE X FACTOR

Are we talking here about the elusive X factor that so fascinates us all? Indeed we are, but that doesn't mean you have to sacrifice yourself on the altar of Saturday night television or on the front pages of a tabloid newspaper. The popular idea of success has been rooted in fame and money, but there's so much more to it than that.

We're looking for your own personal X factor, the core talent that can take you on a lifelong journey of success and discovery.

You definitely have talent. It's up to you whether you use it or not. And that's what this is all about, working your core talent so you fulfil your promise and become as successful as you want to be.

SERIAL ACHIEVERS

The important thing to remember is that your core talent can deliver more than one thing, which is useful, since nothing in life is constant. Neither is what we want out of it. This is part of the excitement. The world we live in now is too fast and furious for just one life vision.

This is where the concept of serial achievement comes in. Don't think about your present vision of success as 'it' for life. It's right for now, and you will almost certainly change completely in the years to come.

I was 50 before I wrote my first book. While at 30, it wasn't even on my radar. Now at 77 I'm author of five books on very different subjects.

Core talent will offer all sorts of outlets in a lifetime once you understand what that talent really is. Start thinking this way, and life immediately opens up. You no longer have to know what you want to do 'when you grow up'. You just have to know what you want to do now. That's good enough.

You can leave the rest until later, by which time you'll be ready for whatever the next step needs to be.

THE TEST OF A LIFE WELL USED

I've spoken to a lot of people who've achieved great things in their lives. You won't know most of them because this isn't about fame. It's about doing what matters to them and doing it well.

ARE YOU READY FOR SUCCESS?

A common feature was the moment of realisation that they had to take responsibility for their own lives. They couldn't expect anyone else to do it for them. It was generally a tough time that flicked the switch.

Interestingly, failing at school was a common one. They saw in glorious technical that if they didn't sort themselves out, nothing was going to happen. So they did - and it did. Some successes, some failures, plenty of learning, and always the sense of a lot more to come.

Just in case you haven't had one of those moments yet, or at least never focused on it, try the 'test of a life well used'.

THE QUESTION IT POSES IS THIS:

When you review your life from the vantage point of old age, will you be satisfied?

Will you be without regret, knowing that you made the very best use of your time?

Sit quietly for a moment. Imagine you're 90 years old, looking back over your life, checking to see if you used it well.

See it as a film, the highs, the lows, the challenges, and successes. And as you see each picture pass before you, notice how you feel.

Do you feel elated, excited, satisfied?

or

Do you think, 'If only' / 'I should have' / 'Why on earth didn't I?'

NOW FOCUS ON THIS PRESENT CHAPTER OF YOUR LIFE

As you look back at today from your armchair, with 90 years of wisdom, how does it look? What gives you a sense of satisfaction, and what causes you to feel regret because you never acted / spoke out / took a risk?

THERE'S STILL TIME TO DO SOMETHING ABOUT IT

If you could put your lifetime of success and regrets on a pair of scales, which way would they fall? If it's towards the negative, then thank heaven you took a look now - there's still time to do something about it.

And if you're gloriously overweighed with success, don't sit back. There's still more out there, even if you actually are 90.

My thinking on success is born out of my own experience and that of the many people I've met in my life, plus the exciting serial achievers who told me their stories so I could share them with you. This is all about hope and life.

I really believe that we can all be successful as long as we're pointing in the right direction, are open to the opportunities around us, and prepared to do what it takes to seize them.

There's nothing weird or wonderful about this. That's what makes it so exciting. It's something we all know how to do if we just let ourselves pay attention to what matters most.

CHAPTER 2

YOUR CORE TALENT

Fundamental to this view of success is your core talent.

To be a serial achiever, you need to know what jazzes and excites you. This is the key to reaching numerous peaks, shining in your life and enjoying your days, knowing that you're adding value to the world around you.

Doing the wrong job or a job you've outgrown is exhausting. It requires you to damp down your energy. You really are fighting the tide. You can't get excited or passionate, so life loses its glow, and you lose your sparkle.

WHAT WILL YOU DO WHEN YOU GROW UP?

How many of us really know what we want to do with our lives?

From an early age, adults ask little children what they 'want to do when they grow up. Generally, the question is looking for a charming answer. The child who wants to be a fireman, or a nurse, or a celebrity.

Yet just asking puts on pressure. All too soon, a mindset blossoms with the expectation that not only should we know what we want to do, but that there's just one specific answer. That mindset is cemented by

- school requiring us to focus in on specific subjects
- expectations and hopes of parents
- our own desire to be grown up.

When I was young it was assumed that you'd start as you meant to go on. That first job would take you onto bigger and better things - solid bank account, nice home, settled family - all leading to a quiet and comfortable retirement in later years. Not quite how it works today!

Today, the options are myriad, both in and out of work. The comforting idea of retirement has gone for good as we change our perceptions of age and growing old. We work our way through jobs that are different or better and build up towards new experiences - nothing is wasted.

So forget the long term. Feel free to go with what matters to you right now in the knowledge it'll always add something of value, even if you go in a completely different direction later on in life.

THAT FIRST JOB IS A SHOT IN THE DARK

I started life as a teacher. Honestly I had no idea what I wanted to do. My Mum and sister were both teachers, so why not? I was offered a place at a good college, so I went. What else was I going to do?

It was a huge mistake.

I was useless at it. I went from school to college and

back to school. I was scared of the kids and I hated the subjects I was teaching.

I stuck it out for 18 months. Then declared that I'd rather work on a petrol pump than continue.

I remember well the day I handed in my notice. No one was sad about it - not the kids, the headteacher or me. I just had to chalk it up as a mistake.

And yet:

When I look back, I can see just how much I gained:

- ***It took a lot of courage to give up - not sure my Mum ever forgave me - so I learned that I could stand up for myself***
- ***I learned to speak coherently in front of a group of people***
- ***Those biology lessons started my love of all things life and planet***

EXPLORATION

Reflect on the subjects you chose to study, your training, temporary jobs, or permanent employment.

- What was your choice? Was it your choice or was it driven by someone else
- Did you know you wanted to go in this direction? When you got there, did you enjoy it?
- How long did you stay and what prompted you to leave?
- What did it teach you - skills, attitudes, behaviour - that will help or have helped with the next challenge?
- What did you learn about what you want to do next in your life?

As you think through these questions, my guess is you'll see that little is wasted. Whatever you do, you take learning forward into the next part of your life.

Everything you undertake - studying, holiday jobs, work, self-employment - shows you more of life and helps you define what you do and don't want.

THE ONE JOB SYNDROME

It's probably always been true that one job can't remain interesting and stimulating for a whole working life. But the tedium and gradual slip into retirement used to be taken for granted.

In reality, we change a little bit from every experience. Each job teaches us something and gets us ready for the next step. What you excel at in your 20s will be very different to what you choose in your 40s and 50s.

In addition, the 21st century is bringing more change, demanding greater flexibility. We have no idea what's coming. The wise thing to do is to use your talents and gifts to full effect, growing and changing along the way to ensure we're in great shape when we meet the next challenge.

FOLLOW YOUR PASSION AND INTEREST

Give up looking for that one magic job - you'd get bored eventually anyway. Instead, look for what you want to offer or have to offer *now* and follow your passion and interest.

You'll deliver well and store up knowledge and information for use when your next life chapter begins.

It's an exciting prospect for many and a little scary for others. But whoever said we should never be scared? Fear and excite-

ment are close emotions. Often, the only difference is oxygen, as we hold our breath in the face of the unknown.

So breathe deeply and take on the next opportunity with grace. It could be just what you're looking for and will certainly be a great teacher.

BUT WHAT IF I DON'T HAVE A CORE TALENT?

If you're alive and breathing, you have a core talent. We're all born with something we can do well, and that core talent will be available whenever you choose to access it.

Even better, you'll have more than one - as you refine who you are, you'll discover talents that have just been waiting for you to notice.

We need to de-couple talent from fame and fortune. Yes, TV stars, successful entrepreneurs, and atomic physicists are talented. But by associating that talent with glamour, we're being distracted from the simple fact that these people have developed skills that make the most of their strengths.

And so can you.

So let's forget about the glitz and celebrity and look at ordinary people who do their chosen job really well.

- my delivery person who has the cheeriest disposition and delivers so many parcels each day without complaint. My guess is her core talent is patience and relating to people.
- Andrew, my ex-colleague, who can make the complex simple, doing a great job helping clients sort out problems.

CORE TALENT AND HOW TO DEFINE IT

- Peter, my computer expert, who uses his core talent of seeing patterns and solving problems to keep our machines working.

All these are great people with talents that can be used in other work or occupations if they choose to. So as you think about your own core talent, take away that expectation that you need to be better than anyone else or have to make a fortune.

You just want to identify the best in yourself so you can release it and use it fully.

CHAPTER 3

ELEMENTS OF SUCCESS

Let's begin by looking at the factors that contribute to success.

- talent
- skill.
- brain power
- appetite

Ask anyone to talk about themselves and what they do well and they'll list the skills they have. If they don't believe they have skills, they'll apologise and explain that they're only a housewife or a shop assistant or...

SO WHAT'S THE DIFFERENCE?

- **Talent** is innate and always with you. If you don't use it for a long time, it may take a while to dust off, but you'll still have it. The more you use it, the more refined it becomes. It can also be used in many different situations.

CORE TALENT AND HOW TO DEFINE IT

- **Skill** is something you learn to do by studying and practicing alongside experts. When you choose a skill that links to your core talent, you'll pick it up with ease. Choosing a skill that doesn't link to what you do well makes learning an uphill journey, and that means you never master it fully.
- **Brain power** is the intellectual capacity to understand ideas and put them into action. We all develop mindsets about our ability, prompted mostly by experience at school. Sometimes they're accurate. No one could do everything. And sometimes our assumptions track back to a youthful lack of interest, opportunity, or encouragement.
- **Appetite** is whether you care enough about something to put in all the effort required for success. We deliver well when the work holds some form of meaning. You don't have to save the world. You just need to care about what you're doing so the time feels well spent. Life is short, so why spend it doing something pointless?

You'll be able to develop your core talent in a range of different jobs as long as you're interested in developing the relevant skills.

My delivery person could use her patience and cheeriness to serve people in a variety of ways, running her home, a steward on a cross-channel ferry, or a school assistant.

Andrew could use his talent of making the complex simple to teach children, write handbooks for appliances, or explain finance to non-financial managers.

The computer expert could use his talent of seeing patterns and solving problems to help locate blocked pipes, to predict the weather or help his kids with their homework.

Of course, skill development also needs brain power. I can just hear Andrew saying that his mind doesn't work in a financial way, and anyway, he wouldn't enjoy it.

As you think about your own core talent, take care not to be put off by skills you don't have. Talent endures while skills are time-sensitive. As you refine your ability, so the skills you need will change. As long as you understand your talent and use the brain power available to you, gaining skills will depend only on your appetite.

UNDERSTANDING CORE TALENT

Whatever you've done well and enjoyed in your life to date, your core talent will have been at work. Each time you:

feel delight in an activity

- feel absorbed and lose track of time
- can't wait for the next challenge
- really want to tell someone about your success,
- are full of ideas about what else you can do

then your core talent is engaged.

Working to that talent feels as if all obstacles have been removed and you're exactly where you're meant to be. It's a great feeling that you want to repeat over and over.

Don't worry - this doesn't mean doing the same thing over and over. That's the beauty of core talent. It's fundamental to who you are and lends itself to change and adventure beautifully.

Consider me as an example. I have:

- worked as a biology teacher
- been a social worker

CORE TALENT AND HOW TO DEFINE IT

- I'm mum
- I'm a wife and a granny
- had a private psychotherapy practice
- ran a psychotherapy training institute
- worked as a business consultant
- set up my own consultancy business
- became an inspirational speaker
- written five books on various subjects
- project managed my home renovation, saving 75% of our energy usage
- done a TEDx talk
- interviewed the Prime Minister
- built a following on Instagram
- become a YouTuber

Where I am now is a long way from those first days teaching the life cycle of the earthworm to 14-year-olds.

Yet each opportunity helped me refine my core talent of building and understanding relationships, plus simplifying difficult concepts. All my past occupations have relationships at their heart.

Some I did better than others. I was certainly too young for my short teaching career, but they all helped me keep refining my original core talent.

As that refining took place, so I also uncovered an ability around communication. Plus writing the books made me realise I can take quite complex topics and break them down so they are more understandable.

CORE TALENT ZONE

You know when you're working with your core talent because you experience a feeling of ease and excitement. This is the core talent zone.

It doesn't mean there's no challenge or novelty. In fact, there may well be a great deal of both. The range of possibilities you uncover will mean you face:

- new expectations
- different issues
- very different people
- new environment
- different opportunities.

Yet you know you can do it. There's not that awful panic associated with doing something you know isn't right. The feeling that at any moment someone's going to find you out. You know you're there when you can drive forward. It feels effortless and quite magical.

You may know instinctively what your core talent is. It may be exactly what people compliment you for, the very thing you take for granted.

You may also have no idea what drives you to succeed. And of course, you may feel you haven't succeeded yet, in which case you'll find it hard to believe that there's talent in there at all!

DON'T WORRY

All the information you need is inside you, so you'll be able to find out what you're best at and where you need to focus your attention

CHAPTER 4

MAPPING YOUR CORE TALENT

Before you begin to explore your core talent, I have just two pointers:

- Don't waste time being modest. Remember, you have at least one core talent. You'll move on faster if you're honest about your plus points.
- Allow time for thinking through your answers. You don't have to find just one word or an elegant phrase - it just needs to feel right and accurate.

STEP ONE

When looking at the questions below, take the first thoughts that come to your mind. This is not meant to be exhaustive.

You'll probably need to go through it a couple of times before you're sure of your core talent. So give it a go and see where you get to.

STEP TWO

Talk to one or two people who know you really well and ask them to answer the same questions. Use it as an opportunity for discussion:

- discuss their responses so you fully understand what they're telling you
- put your own point of view and see how they respond
- use them as a sounding board for answers you aren't sure about yourself

Most important, take their responses seriously. It will be tempting to push them to one side. Please don't do that. Write down their answers accurately and give yourself time to think about it.

Remember, this is how another person sees you, so it has to connect to you in some way.

Whatever happens, this will be a very interesting discussion. You'll learn a lot about yourself and how the other person sees you. So give time and energy to listening. This is a special opportunity that we don't get very often.

QUESTIONS FOR YOU TO EXPLORE:

Name two things you are naturally good at.

This can be anything at all - whether it's part of your formal work or just something you know you can do. Eg: getting on with people; problem solving

What skills have you developed that you now do really well?

Identify the skills you've learned that you use regularly and do well. Eg: project management, playing the guitar, writing

What makes you good at them?

Look for the underlying reason why you can do these things - it may be driven by a mindset or a talent. Eg: very determined, able to focus, good at building relationships

What do you do effortlessly that other people respond to?

What do people say to you directly? What do they say about you to others? Eg: listen well, ask questions, challenge when necessary, provide answers and ideas

What comes easily to you that you don't see other people doing?

This is a behaviour, approach, attitude that you assume is normal, but you don't see other people doing it. Eg: seeing a situation from other perspectives.

What do other people say you are good at?

This is what people admire in you (remember, don't waste time being coy - just enjoy it). What people ask you to do because they know you can help. If you don't know the answer, ask three people close to you. Eg: being sensitive to others, level headed, being clear about what you want.

What would it be difficult for you to live without?

To answer this question, assume you have all the practicalities in place: home, food, safety etc. Eg: family and security, stimulus and something to work towards.

What is your downfall?

What's happening when you behave in ways that don't help you or those close to you? The times that makes you cringe in retrospect. Eg: get too focused and work too hard

What frustrates you in others?

What behaviours do you see in others that really irritate you? What is it you 'can't believe' about other people? Eg: small minded thinking, people who don't see the effect they have on others, people who don't listen.

STEP THREE

Strong feelings that a particular behaviour is wrong are clues about what matters to you most. What frustrates you in others identifies what you believe to be important in your own behaviour.

Take the answers to the final two questions from yourself and others you've spoken to and turn them into a positive.

EG:

- *too focused and overwork ————— focus with balance*
- *small minded thinking ————— Be open minded*
- *don't see the effect they have on others ————— understand the effect you have on others*
- *don't listen ————— listen well to others*

The positives will be features of you at your best.

STEP FOUR

Plot all your answers - and answers from those you've talked with - under three headings:

CORE TALENT AND HOW TO DEFINE IT

- **natural talent** - these come naturally, you didn't need to learn anything, you probably take them for granted.
- **skill** - you had to learn and practice these.
- **outputs** - tangible outcomes of the skill or talent.

Don't compare yourself to others - this is just about you.

If you've learned something, it's a skill. If it comes naturally to you, it's a talent.

Allocate all your answers to one of the three columns, then filter out the ones that are least significant to you.

STEP FIVE

Focus on the natural talent list.

Put crosses or ticks by the talents that link to or support each other. Once this is clear, write them out again into separate groups by the linkages.

Now it's a matter of making a judgement.

As you look at each group, decide which talent is the overarching one, i.e., the talent that drives the others. This is the core talent.

Eg: Three talents: empathy, listening, sensitivity. Empathy would be the core talent because it drives the person to listen and it also makes them sensitive.

STEP SIX

Link your core talent and skills together so you can see:

- how your talent supports your skills

- how your talent delivers the outputs you see in your daily life.

FINDINGS

Don't expect to get your core talent exactly right first time. The main value of this exercise is to start you thinking in a different way. You'll end up with a first pass, and I suggest you work with this to see how it settles.

Once you start to think about these questions, your mind will become attuned and you will spot other things you're good at.

So mull over this first finding and revisit the exercise after a couple of weeks to see if you come up with something different or more likely a refinement of what you find this time.

YOUR CORE TALENT AND LIFE.

Your core talent will serve you in all areas of your life - work is just one aspect.

Once you've worked out your talent, think about ideas you've had in the past for hobbies and pastimes, but never got round to. Now you know you have the talent you can get out there and give them a go.

So have a good wide look at your life for ways of using your core talent.

- sports
- community involvement
- creative outlets - painting, gardening, amateur
dramatics
- holidays
- voluntary work.

KEEP IN MIND

When you use your core talent, it feels easy.

You know you're in the right place at the right time doing exactly what you need to do.

It's a great feeling, so use every opportunity to enjoy it.

ABOUT THE AUTHOR

Judith Leary-Joyce is a sustainability advocate who has been changing her way of life over the past 50 years in order to reduce the impact she and her family make on the planet. As a result, she has undertaken everything from living plastic free to ethical banking to making home energy efficient. She has found many forms of climate action that are positive, practical and empowering

Today, Judith shares her journey with warmth, honesty and hard-earned insight, inspiring individuals and homeowners to live in a way that is kinder to the planet and highly beneficial for themselves.

CLIMATE ADVOCATE AND AUTHOR

Judith is a powerful voice in the UK's sustainability movement who proves that climate action begins at home.

Judith has been an eco worrier and warrior since the early 1970s. For decades, she has searched for the next step in climate action. She has embraced plant-based eating, rewilding, sustainable travel, preloved shopping and minimal plastic consumption. Retrofit is the most recent discovery that has quickly become transformative.

Her life mission is to help others explore how they can support

the damaged planet, contributing to the solution, rather than being part of the problem.

Before retirement, Judith worked for 20 years in Leadership Development, and this showed her that everyone has a core talent with multiple applications. When people identify this talent, they can use it for good at work, at home and for the planet. She enjoys working with groups – large and small – to identify that talent and how it can be used to support environmental change.

FROM ECO WORRIER TO GREEN MISSION

What began as a personal project has grown into a mission. Judith is determined to inspire and enable others to green their lives, whether that is changing shopping habits or improving their homes. She speaks passionately about the responsibility we carry for “all the grandkids to come” and believes individuals and homeowners hold far more power than they realise.

Her work has earned national recognition. Judith is one of the most influential UK voices shaping conversations and driving change across the built environment. She has been named Home Sustainability Advocate of the Year by the UK’s Build Magazine Award for three consecutive years, was Highly Commended by BBC Three Counties Radio at the Making a Difference Awards and has been named in the Built List: the Top 100 Influencers in the Built Environment.

These accolades reflect her credibility, persistence and ability to translate green living in all its forms into a language people can understand and trust.

AUTHOR OF PRACTICAL SELF DEVELOPMENT AND ECO RENOVATION GUIDES

In support of her leadership work, Judith wrote *The Psychology of Success*^{*} where she identified the common behaviours that enable people to adapt to circumstance and be successful.

During her own retrofit, Judith longed for a clear, honest guide written for beginners. When she couldn't find it, she wrote it.

Her book *Beginner's Guide to Eco Renovation*[†], is written in her natural, accessible style. It covers the essentials homeowners need to know to achieve the best outcomes, without overwhelm or jargon. The book empowers readers to ask better questions, make informed decisions and avoid costly mistakes.

At the end of 2025, she published *What the Builder Won't Tell You*[‡], a practical and candid guide that covers everything from choosing the right builder to handling waste responsibly and avoiding landfill. The book reflects her commitment to transparency and to helping homeowners feel confident throughout the renovation process.

Together, her books position Judith Leary-Joyce as both a relatable and trusted guide in the green living space.

^{*} <https://amzn.to/4iMBqS9>

[†] <https://amzn.to/3EOBHjM>

[‡] <https://amzn.to/48Ao5XA>

JUDITH AS ADVOCATE

Judith is a TEDx speaker: How you and your builder can help save the planet* (2023)

Judith's influence extends far beyond the stage. With 175,000 followers on Instagram[†], (her family affectionately call her “InstaGran”) she shares insights on green living, retrofit and natural building materials.

Her content combines education with storytelling, making sustainable living feel achievable rather than overwhelming. She also writes a regular blog[‡], is building her presence on YouTube[§] and continues to give talks that support others in developing their own green journey.

Her platform demonstrates that sustainability is not a trend for her. It is a lifelong commitment. She wants to know that she has done her best for generations to come.

* <https://bit.ly/47gctpQ>

† <https://bit.ly/3vEIUk9>

‡ <https://bit.ly/4cZaPMt>

§ <https://bit.ly/49r6Hlx>