

**what
matters to me**



**2 people who
matter to me**

my boys

raúl and cristóbal





2 places that figure
prominently in my
life

- Trinidad and Tobago
- Jamaica

2 things that have significance for me

Healthy eating

SILENCE





2 activities i'm passionate about...

Nature

Swimming



2 ideas that help
to define my
thinking

“If you don’t live as you think,
you’ll end up thinking as you live”

“Here and Now”

2 dreams that inform what I want out of life

Social Justice

A future for my granddaughter

