



Sherry Richert Belul

Life is fleeting | Celebrate now + Say it now

Sherry Richert Belul, founder of Simply Celebrate, helps people find creative, intentional, and impactful ways to celebrate life and to express love for family and friends.

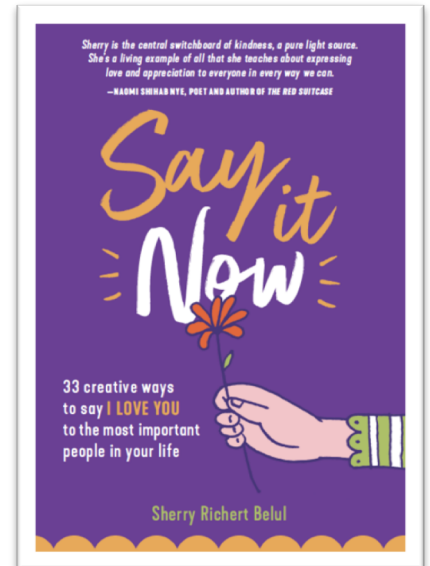
In a culture focused on “what’s wrong” and “not enough,” celebration and appreciation can be essential antidotes to the resulting depression, overwhelm, and apathy people experience. In the United States, 13% of the population over the age of twelve use antidepressants. More than

130 people die every day from opioid overdose. As well, smart phone addiction is causing an epidemic of isolation and apathy. **In dark times, there is a deep need for people to practice connection and joy.**

Sherry’s 30-year mindfulness practice, her personal journey out of depression/anxiety, and her work as a High Performance Coach have given her the experience and tools to help people create more joy. Her whimsy and playfulness are grounded in a depth of serious commitment to personal growth. Sherry is the author of *Say it Now: 33 Creative Ways to Say I Love You to the Most Important People in Your Life*, released in 2019.

SHERRY’S MOST POPULAR MEDIA TOPICS

- ★ **Gifts that make people cry!** Sherry is a great guest during holidays and special occasions, offering creative ideas for gifts that deepen relationships and don’t break the bank. Her ideas are also perfect for last-minute gifts with big impact. Listeners receive simple ideas they can implement right away — no special skills or craftiness necessary.
- ★ **Turning Ordinary Days into an Extraordinary Life:** Sherry offers unique ways to create more joy, color, connection, and spontaneity in everyday life. Audience members learn how simple it can be to create magical moments for themselves and the people they love.
- ★ **Celebrating in the Dark:** Sherry outlines ways that people can connect more deeply to themselves and others during times of grief, loss, or disappointment. Listeners learn how to show up for people in their lives who feel left out on major holidays and need love. As well, Sherry offers tools for *anyone* who is flatlining or feeling blue.



PRAISE

Sherry offered easy-to-implement, creative ideas for our listeners. We loved her unique take on gift giving as a way to deepen relationships and combat depression. — **Steve Olsher; Reinvention Radio**

Sherry’s work will inspire you to share gratitude, love, and appreciation in new and creative ways. — **Brendon Burchard; High Performance Institute**

CONTACT

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