



OUR MINDS CREATE OUR REALITY.

IT'S TOO EASY TO RUMINATE OVER BAD THINGS THAT HAVE HAPPENED, ARE HAPPENING AND MIGHT POSSIBLY HAPPEN. SPEAKING TO YOURSELF IN A MEAN MANNER WILL REFLECT IN THE WORLD AROUND YOU.



SPEAK TO YOURSELF KINDLY.

FOCUS YOUR ENERGY ON THINGS IN LIFE THAT MAKE YOU FEEL INSPIRED! APPRECIATE LIFE FOR THE GOOD THINGS IT HAS TO OFFER. DO THE BEST YOU CAN.



IT'S TIME TO TAKE A BREATH.

TRUTH IS, LIFE IS BLEND OF HARDSHIPS AND JOY. MOMENTS ARE FLEETING AND EVEN THOUGH WE MIGHT NOT HAVE CONTROL OVER A SITUATION WE HAVE CONTROL ON HOW WE REACT TO THEM.