

Embrace the glorious mess that you are.

It may not seem like it now. But your mere existence means a lot.

This is temporary. This too shall pass.

Learn from yesterday, live for today, hope for tomorrow.

If you don't like something, change it; if you can't change it, change the way you think about it.

Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.

Take responsibility of your own happiness, never put it in other people's hands.

You can, you should, and if you're brave enough to start, you will.

Don't worry too much about things you can't control. Take one day at a time.

Don't waste your time in anger, regrets, worries, and grudges. Life is too short to be unhappy.

Keep going. You've got this!

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TAKE WHAT  
YOU NEED

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