

TRUST IN YOURSELF  
**ACCEPT, LET GO** ALL EMOTIONS  
**AND FORGIVE** ARE BEAUTIFUL



**BE THE ENERGY YOU WANT TO ATTRACT**  
**YOU ARE THE PRIZE** *Don't be afraid to fail be afraid not to try*

**BE THE CHANGE YOU WISH TO SEE IN THE WORLD**  
**YOU WERE BORN GOOD ENOUGH** **NEVER FILTER**  
**TO THE MIND THAT IS STILL,** **YOUR SOUL**  
**THE WHOLE UNIVERSE SURRENDERS** **TO SUIT A MOULD**

**LAUGH OFTEN** **ALIGN HEART & MIND**

**BELIEVE IN MAGIC AND YOU'LL LIVE A MAGICAL LIFE**  
**YOU ALWAYS** *Have courage*  
**HAVE A CHOICE**

**FOCUS ON WHAT** **DO WHAT YOU LOVE AND DO IT OFTEN**  
**YOU CAN CONTROL** *Talk kindly to yourself*

**BE YOUR OWN SOURCE OF HAPPINESS AND LOVE**

*The real glow up is internal* **HAVE AN OPEN HEART**  
**AND A CURIOUS MIND**

**FIND THE GOOD IN ALL THINGS**

**THINK HAPPY THOUGHTS** **LOVE FROM YOUR OVERFLOW**

**YOU ARE HERE TO GROW & CONTRIBUTE**

**BE GRATEFUL** **LIFE IS SHORT-DO IT NOW!**

