

Sleep *Let LOVE be your guide.* Learn the art of contentment.

Keep Learning. Forgive

CHOOSE TO CREATE

Seek beauty. **HEALTH FOR LIFE.**

Pray *Eat real food. Trust*

Empower others.

Believe in your dreams.

Laugh and smile a lot. 😊

Everyday holds the possibility of a *miracle.* **Cultivate Gratitude.**



**There's always a new
chance and opportunity.**

Breathe

Move your body.

Drink water. Play

Slow down. Share kindness.

Practice Mindfulness. Follow your passion.

SPEND TIME IN NATURE. Tell your truth.

Balance