

I now create a stress free world for myself.

Changing everything all at once is difficult. Its gonna be hard, its gonna be scary and we wont always see every hill that is going to come, but we can do this together and when we face the hills, the fear and the difficulties together, it will still be hard but it won't be impossible.

I joyously release the past and eagerly look forward to the future.

I believe in you and who you were born to be"

I breathe life into my vision and see with compassion and understanding.

You can dog paddle and blame the boat , or pick a direction and swim (do what is necessary) to survive.

Credit/Source: Louise Hay, Hay House Publishing.

I am a smart person. I have a bright mind, and I learn easily and quickly.

I count my blessings, which are many.

Forgiving others is the first step toward my own inner peace.

I refuse to limit myself. I am always willing to take the next step.

Everything I touch is a success. Prosperity of every kind is drawn to me.

Not everything that is faced can be changed, but nothing can be changed until it is faced. - James Baldwin

I know that I can create miracles in my life.

I know the past is over, so it has no power over me.  
The thoughts of this moment are creating my future.

You can find the light in the strangest of places if  
you look at it right" - Robert Hunter

I recognize my body as a wonderful machine, and I  
feel privileged to live in it.

Be the change that you wish to see in the world. -  
Gandhi

Divine peace and harmony surround me.

The first revolution is when you change your mind  
about how you look at things and see there might  
be another way to look at it that you have not been  
shown." - Gil Scott-Heron

I am at ease speaking in front of others. I have  
confidence in myself.

Today I shall behave as if this is the day I will be  
remembered. - Dr. Seuss

We rise by lifting others

For a seed to achieve its greatest expression, it must  
come completely undone. The shell cracks, its insides  
come out and everything changes. To someone who  
doesn't understand growth, it would look like  
complete destruction. - Cynthia Ocelli

Drug Court Graduates: I came with hope worked  
and learned I have a new life A life that I've earned

You are BRAVER than you believe STRONGER than  
you seem SMARTER than you think and LOVED more  
than you know.

Would it be worse to be a kite with no anchor,  
wandering lost on the wind, or a kite that didn't  
seize the wind and never flew? One at least had a  
chance of finding home, however slim, The other  
had none"- Elizabeth Lim

Change brings opportunity

The only way to do great work, is to love what you  
do.-Steve Jobs

Change your way of thinking To change your way of  
seeing Seeing is believing And knowing it can happen

I cannot do everything, but I can do something. I  
must not fail to do the something that I can do-  
Helen Keller

Life is a series of tiny miracles. Notice them---  
unknown

Coming together is a beginning. Keeping together is  
a progress. Working together is success.---- Henry  
Ford

Gratitude is the best medicine. It heals your mind,  
your body, and your spirit. It attracts more things to  
be grateful for---unknown

Imperfections are not inadequacies; they are  
reminders that we are all in this together. -Berne  
Brown

Today I choose courage over comfort -Berne Brown

I now see how owning our story and loving ourselves through that process is the bravest thing that we will ever do. -Berne Brown

Courage is contagious -Berne Brown

Truth and Courage aren't always comfortable, but they are never weakness. Berne Brown

Sometimes the bravest and most important thing you can do is just show up. Berne Brown

Everyday I get better and better in every way.

Great works are performed not by strength but by perseverance. -Samuel Johnson

These moments suck, but we don't have to.

I can use my old skills in healthy new ways.

We can stand here and wait for change or we can take steps, together-- no matter how small to spark the shift we want to see in our lives; that's where the magic happens!

My wish for you is that you no longer believe the lies you tell yourself and see what I see in you; I see hope, I see love, I see you. Let others see you too.

"You miss 100% of the shots you don't take"

"Don't just be kind to others; be kind to yourself"

"To the world you may just be one person  
but to that person you may be the world."

If MY kids were to meet me today, am I  
the person I would want them to see?

"You is kind; you is smart; you is important." -  
The Help