

FINISH SOMETHING EVERY DAY!

To accept that nothing is as important to somebody else as it is to y9ou.

To go into something different because you are familiar with where you are even though you know it is something better.

God you did it once and I know you can do it again.

I know you are waiting to do it again.

I know you are waiting on me to step.

I have faith for everyone else, I must have faith for me.

To finish something every day.

To put my own needs first.

To realize the reasons why you do what you do.

To realize what you are hiding behind.

To realize what you are hiding from.

To realize that a broken promise from someone you were sure you could depend on is an opportunity for you to find another way.

It is the chance for you to stretch and make it happen anyway.

It is not the time to feel bitter toward the other person.

They did what they did. They did not do what they did not do.

They had a reason.

Whether or not it could be helped is immaterial. It makes no difference.

It is of no significance.

It takes a different kind of courage to not waste your time figuring out why they didn't come through and don't be upset with them.

That is time, thought, planning, preparation that should be put toward opening the door that you need opened.

To reach for your personal best. Not what others think is your best.

To realize that just because you did not do everything, does not mean you failed. If you took one more step today than you did yesterday you made progress and have succeeded.

It takes a different kind of courage to learn and remember and daily walk in the knowledge of the difference between critiquing yourself and being critical. Faults, shortcomings outright wrongs must be acknowledged. But only for the purposes of improving. It is not necessary to be hard or overly critical. Don't beat yourself up. Just do better.

Get and stay healthy without a get healthy quick scheme.

Eat right. Exercise. Enjoy junk foods in moderation if at all.

Find something you enjoy not what your friends and family enjoy.

Establish a program you can stick to. Drink plenty of water. Get plenty of rest.

In every life there are times when working or studying will be done all night.

Don't make it a habit. Your body was created to revive and refresh naturally through restful sleep. Don't depend on medicines. Depend on wellness.

Be mindful of what you read, watch and listen to just before you go to sleep.

Meditate on good happy subjects, situations and people.

EAT THE BEST YOU CAN AFFORD! IF YOU DON'T PUT IT IN YOUR STOMACH, YOU WILL GIVE IT TO THE DOCTOR!