

LINDSEY NEDD'S FAVORITE REMINDERS

“It’s better to light a candle than to curse the darkness.” – Eleanor Roosevelt

CHOOSE WISELY WHERE YOU SPEND
YOUR ENERGY:
THE PAST
THE FUTURE

You get what you focus on, so focus on what you want.

ALL WE GET IS TIME AND CHOICES.
BE WISE WITH BOTH.

Storms don’t last forever.

STRUGGLE IS TEMPORARY, SACRIFICES
ARE INVESTMENTS, GIVE UP THE SHORT-
TERM COMFORT FOR THE LONG-TERM
WIN.

You are your home, take care of yourself.

The words you speak become the house you live in.