

Wring Out Your Sponge

...Let's Soak Up Some New Thoughts

It's not happening to you, it's happening for you.

God gave us all a purpose "It's right in front of you"

Why not you?

Why not now?

You were born with gifts...It's now time to share them with the world.

You have value.

Thoughts become life.

Stand in your truth.

Self-Love starts with YOU!

Validation is NOT needed.

Wear your crown every day!

Don't let anyone shift your mood.

Surround yourself with people who will encourage your growth.

Growth and change are not a race. It's a marathon.

Write in your Journal! It's very important. It keeps you accountable.

Believe in yourself!

To change you must change.

Power is strength over time.

Let go of the past hurts and disappointments.

You can achieve ALL your dreams and goals!

