

"You do not see the world as it is. You see the world as you are." —Anaïs Nin



MICHELLE S. DUFFIE

# dear you

Please accept my gift to you,  
a few words to elevate your moment.

## THE LENS YOU CHOOSE TO WEAR

Imagine waking up and putting on a pair of sunglasses with tinted lenses—let's say, purple. Everywhere you go, everything you see is filtered through that purple hue. The sky, the trees, even your morning tea. It's not that the world has changed colors; it's that the lens through which you're seeing it alters your experience of reality.

Your mindset is exactly like that lens.

The thoughts you think, the stories you tell yourself, and the beliefs you hold form the invisible lens that colors your perception of the world. And that perception—whether optimistic or pessimistic, expansive or fearful—shapes how you feel, how you act, and ultimately, what you experience.

Optimism is not wishful thinking. It's the practice of choosing a lens that allows you to see possibility instead of limitation, hope instead of despair, and opportunity instead of obstacles. And it's powerful.

"You must develop beliefs in line with your DREAMS! And then feed them to our SOUL in heaping spoonfuls DAILY!"

Ask yourself this question today: **What's the BEST that can happen?**

*Michelle S. Duffie*

