

YOU ARE FAR MORE CAPABLE THAN YOU GIVE YOURSELF CREDIT FOR: OWN IT!

FREEDOM TAKES GUTS - PAST EXPERIENCES DON'T CONTROL YOUR FUTURE...YOU DO. **REFUSE TO BELIEVE YOU CAN'T.** PLAY BIGGER. DON'T SHRINK. **DIG SUBTERRANEAN DEEP FOR THE COURAGE WITHIN YOU.** YOUR GUIDE IS INSIDE YOU. **IF IT DOESN'T FEEL RIGHT DON'T DO IT.** VIEW EVERYTHING YOU DO AS AN EXPERIMENT. **YOU CAN AFFORD TO MAKE A MISTAKE.** **HOPE IS NOT A STRATEGY.** GAIN MOMENTUM BY TAKING A STEP, ANY STEP. **VIEW FAILURES AS TURN SIGNALS.** STOP WASTING YOUR TIME ON INCONSEQUENTIAL CRAP.

DARE TO LIVE YOUR TRUTH

SEEK THRILLS (BIG & SMALL) TO REMIND YOURSELF YOU'RE ALIVE. **WHY DO IT IF IT'S NOT FUN?** USE THE EFFENHEIMER EVERY NOW AND THEN. **DON'T BE VANILLA. GO FOR PISTACHIO OR TOFFEE CRUNCH.** MOVE. REST. BREATHE. LAUGH. SMILE. **NAP** PRACTICE GENEROSITY. THERE'S PLENTY FOR EVERYONE.

GIVE THANKS. DAILY. **YES. YOU CAN.**

YOUR BITCH
MAKE FEAR

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