

★ Things to Remember ★

- ★ Stop worrying. If it is supposed to happen, it will.
- ★ Allow yourself to be a beginner. No one starts off being excellent.
- ★ Don't let your happiness depend on anything outside of yourself.
- ★ Stay close to everything that makes you feel alive.
- ★ Listen to your body; it will lead you to unlimited health.
- ★ Surround yourself with people who see your greatness.
- ★ Make peace with your past.
- ★ See all setbacks as growth and expansive opportunities.
- ★ Comparing yourself to others will hurt your health and steal your joy.
- ★ Don't give up, EVER.
- ★ You always have a choice.
- ★ Stop chasing what's not working.
- ★ Believe wholeheartedly in miracles.
- ★ Don't postpone joy.
- ★ Trust the universe; it is working for you - always.
- ★ Wake up every morning with a grateful heart.
- ★ Remember things take time.
- ★ Always trust your gut.
- ★ There is no need to change people; just love them for who they are.
- ★ Don't resist change.
- ★ Forgive yourself.
- ★ Your life is a creative adventure.
- ★ Release expectations and enjoy the journey. There is no destination.
- ★ Just do you.
- ★ You're not broken or damaged. You are perfect just the way you are.
- ★ *Ali's addition...* **You are LOVED!**