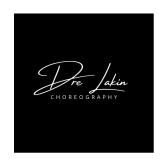
## THE LIGHT INSIDE YOU IS WHAT DEFINES YOU.




OUR PAIN IS NOT MEANT FOR US. IT IS MEANT TO HELP OTHERS.



# YOUR BODY HAS RIGHTS, TOO.



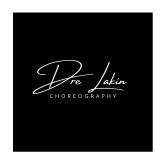
YOU ONLY GET ONE BODY SO YOU BETTER TAKE CARE OF IT.



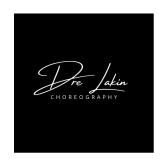
## NO IS A COMPLETE SENTENCE.



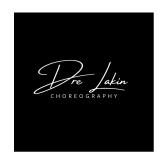
# YOU. ARE. ENOUGH. (AND ALWAYS HAVE BEEN).

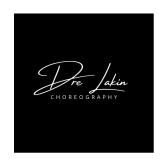
THE ONLY STORY THAT MATTERS IS THE ONE YOU TELL YOURSELF.



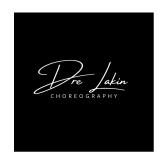
IF WE ALL HAVE AN EXPIRATION DATE, AND WE DO, THEN NONE OF US CAN ESCAPE THE URGE TO COMPLETE OUR MISSION.		



EVERY OBSTACLE PROVIDES AN OPPORTUNITY TO LEARN SOMETHING NEW.



YOUR MIND	HAS THE ABILITY TO CONTROL YOUR BODY AND YOU AS CONSCIOUSNESS CAN CONTROL YOUR MIND.



# THERE WILL NEVER BE ANOTHER YOU. WHY BOTHER WASTING PRECIOUS TIME AND ENERGY, ATTEMPTING TO BE A BETTER VERSION OF SOMEONE ELSE?



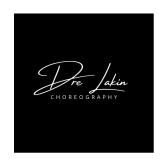

YOU WILL NEVER BE A BETTER VERSION OF SOMEONE ELSE THAN THEY ARE OF THEMSELVES AND IT WORKS THE SAME IN REVERSE.



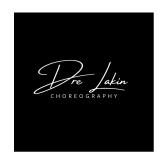
# COMPETE WITH OTHERS AND YOU WILL ALWAYS END UP EXHAUSTED.



COMPETE WITH YOURSELF AND YOU WILL ALWAYS END UP A CHAMPION.



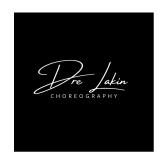
FIND THE DARK AREAS WHERE YOUR LIGHT IS NEEDED AND IF YOU STAY IN A STATE OF GRATITUDE, GOD WILL DO THE REST.



YOU CAN BE SURE THAT WHEN GOD HAS A PLAN FOR YOUR LIFE,
THERE ARE NO COINCIDENCES.



WHAT MATTERS IS THE STORY YOUR HEART WANTS TO TELL.



You'll never regret following your heart, no matter how many haters you collect along the way.



# MENTORS CAN BE FOUND IN MANY DIFFERENT WAYS AND CAN LOOK DIFFERENT FOR EVERYONE.



## MENTORS ARE A MUST.



YOUR GREATEST MENTOR IS OFTEN YOUR GREATEST LIFE STRUGGLE.



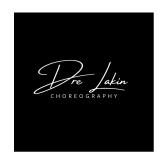
REMEMBER, LIFE IS JUST A GAME, FILLED WITH MANY TESTS FOR US TO PASS AND EACH TIME WE STRUGGLE OR FAIL A TEST, WE ARE GRACIOUSLY GIVEN ANOTHER OPPORTUNITY TO LEARN IN A DIFFERENT WAY.



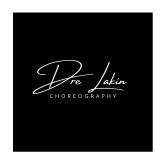
WHEN YOUR DREAMS ARE IN THEIR INFANCY, THEY ARE		
ABSOLUTELY AT THEIR MOST FRAGILE STATE, AND YOU SHOULDN		
BE TALKING SMACK AT THIS PHASE IN THE GAME.		



HOLD ONTO YOUR DREAMS LIKE THE PRECIOUS GIFTS THEY ARE.



NURTURE YOUR DREAMS, PROTECT THEM AT ALL COSTS, AND SPEAK LIFE UNTO THEM WITHOUT MAKING THEM YOUR IDOL.



QUIET THE NOISE AND LISTEN TO THE SMALL VOICE INSIDE YOU.



REJECTION IS NEVER EASY, BUT REPEATED REJECTION WITHOUT THE PROPER TOOLS IN PLACE, IS A RECIPE FOR DISASTER.



# THERE IS A GIANT UNIVERSE OUT THERE WITH DREAMS WAITING TO BE CLAIMED. GO CAPTURE THEM.



IF YOU WANT LONGEVITY IN ANY CAREER, BREAKS ARE NOT NEGOTIABLE.



## THE WORLD DOES NOT REVOLVE AROUND YOU.



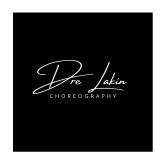
# YOU ARE SIMPLY ONE IN A BILLION LIGHT CREATURES WHOSE SOLE PURPOSE IS TO RADIATE AND EXPAND LOVE AS FAR AND AS WIDE AS YOU POSSIBLY CAN.



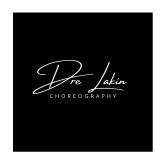
IT IS EASIER TO RECEIVE SOMETHING HUGE IF YOU ARE WILLING TO RELEASE SOMETHING OF EQUAL OR LESSER VALUE.



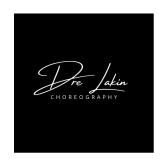
EVERY ADVERSITY IS AN OPPORTUNITY, BUT ONLY IF YOU CHOOSE TO SEE THE GLASS AS HALF FULL.
TO SEE THE GEASS AS HAEF TOLE.



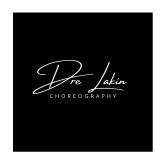
# I HAVE NEVER ONCE LOOKED IN MY REARVIEW, AND WISHED I'D STAYED COMFORTABLE.



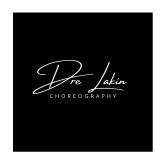
KNOW THAT YOU ARE CAPABLE OF SO MUCH MORE THAN YOU REALIZE.



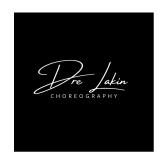
A GREAT MENTOR WILL NEVER TELL YOU WHAT TO DO, THEY WILL GIVE YOU THE TOOLS NECESSARY TO MAKE YOUR OWN INFORMED DECISIONS.



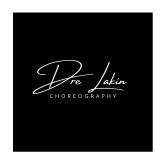
THE KNOWLEDGE THAT A BUMPY RIDE IS POSSIBLE, SHOULD NOT		
SCARE YOU OFF FROM TAKING THE LEAP.		



NEVER LET ANYONE TELL YOU THAT GOD CAN'T TURN YOUR SCARS INTO STARS.



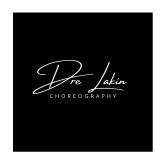
THAT LIE AHEAD, YOU'D SEE THAT THERE ARE NO ROADBLOCKS
GREATER THAN THE ONES WE SET FOR OURSELVES.



### PAIN IS YOUR BODY'S WAY OF COMMUNICATING TO YOU THAT SOMETHING IS, IN FACT, WRONG.



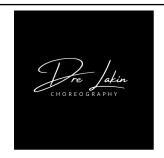
## YOU KNOW YOUR BODY, YOU KNOW YOUR HEART, AND YOU KNOW YOUR BRAIN BETTER THAN ANYONE. SPEAK UP IF SOMETHING IN EITHER OF THOSE PLACES IS HURTING.



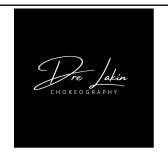
THE PAIN OF REGRET IS FAR WORSE THAN THE PAIN OF DISCIPLINE.



#### YOUR GREATEST VICTORY IS ALWAYS DIRECTLY ON THE OTHER SIDE OF YOUR COMFORT ZONE.

# THE MOMENT WE ARE IN, IS THE ONLY ONE WE HAVE



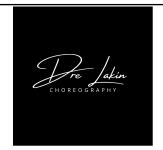
WHAT WE LOVE CAN BECOME A VEHICLE, OR IT CAN BECOME AN IDOL.		



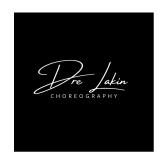
WHEN YOU KEEP YOUR EYES FOCUSED ON BEING A VESSEL, WHAT YOU IDOLIZE CHANGES, AND USUALLY FOR THE BETTER.			



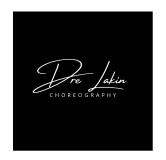
WHEN YOU HOLD ONTO BITTERNESS, THE ONLY ONE BEING POISONED IS YOU.



GRATITUDE KEEPS YOUR HEART COMPLETELY OPEN TO GIVE AND RECEIVE MORE LOVE.		



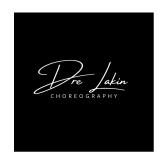
# IF THE FIRE IS WHERE THE TRUTH LIES, YOU MUST DILIGENTLY SEEK IT, REGARDLESS OF THE HEAT YOU'LL ENDURE.



### YOU HAVE THE ABILITY TO FIND SOMETHING, NO MATTER HOW SMALL, TO BE GRATEFUL FOR, THEREFORE, YOU HAVE THE ABILITY TO CHANGE YOUR LIFE.



# EACH ONE OF US HAS BEEN GIVEN A SPECIFIC AND UNIQUE LIFE MISSION, AND NO TWO PATHS ARE THE SAME.



THERE ARE MANY WAYS TO GET TO THE SAME DESTINATION AND THE ONLY THING THAT MATTERS IS THAT YOU ARE CONSCIOUSLY, PURPOSEFULLY, AND PRAYERFULLY SETTING INTENTIONS FOR YOUR LIFE.			



## HEALING IS NOT A STRAIGHT PATH BY ANY MEANS, LOOKS DIFFERENT FOR EVERYONE, AND SERVES NO SPECIFIC TIMELINE.



## IF YOU FOLLOW YOUR JOY YOU WILL END UP EXACTLY WHERE YOU ARE SUPPOSED TO BE.



#### THE GREATEST MIRACLES HAVE SHOWN UP IN MY LIFE AT THE TIMES I HAVE BEEN THE MOST STILL.

