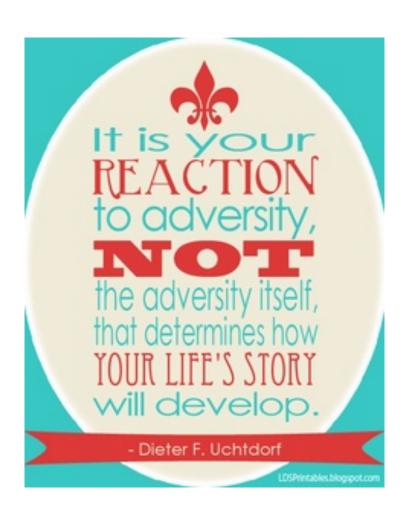
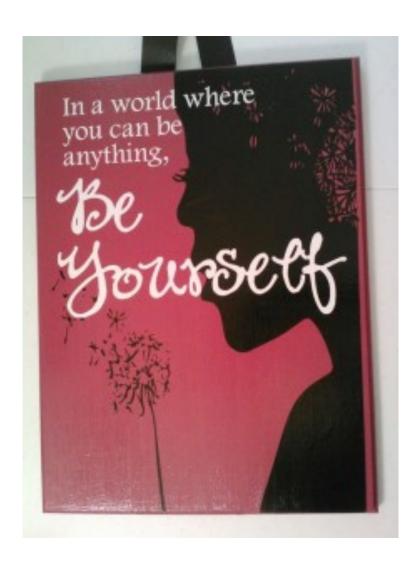
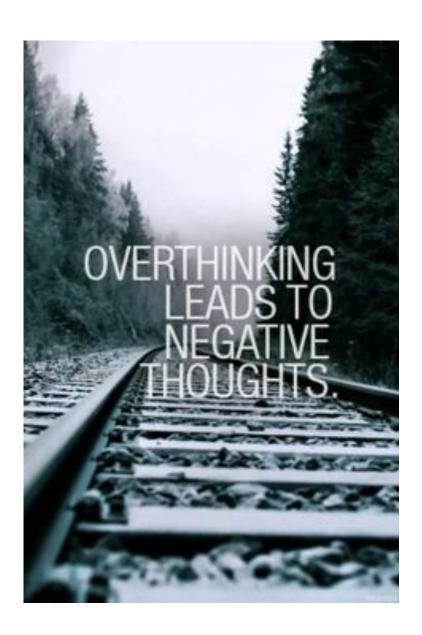


YOU LIVE ONCE SO THINK TWICE.

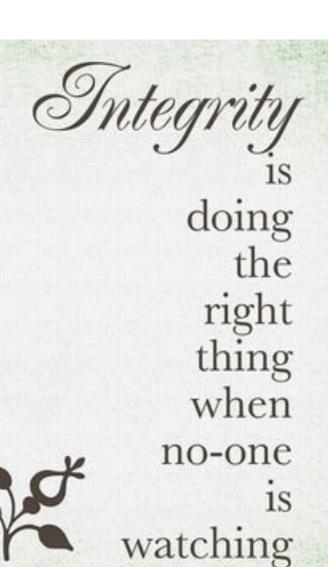








ALWAYS REMEMBER YOU ARE BRAVER THAN YOU BELIEVE STRONGER THAN YOU SEEM THAN YOU THINK IMAGINED



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You can not change THE PEOPLE around you.

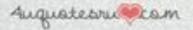
But you can change the people that you choose to be around...

Q U O T E D I A R V . M E

Why fit in when you were born to STANDOUT!

--Dr. Seuss

Once you replace negative thoughts with positive ones, you'll start having positive results.



HOW TO BE MENTALLY STRONG

- 1. Don't fear alone time.
- 2. Don't dwell on the past.
- 3. Don't feel the world owes you.
- 4. Don't expect immediate results.
- 5. Don't worry about pleasing everyone.
- 6. Don't waste time feeling sorry for yourself.
- 7. Don't waste energy on things you can't control.
 - 8. Don't let others influence your emotions.
 - 9. Don't resent on other people's success.
 - 10. Don't shy away from responsibilities.
 - 11. Don't give up after the first failure.
 - 12. Don't fear taking calculated risks.



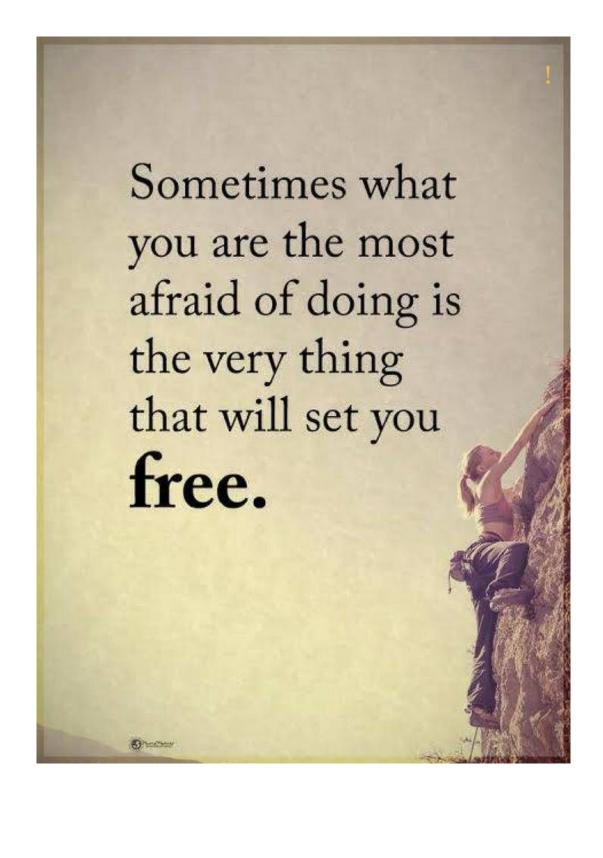
When
you can't control
what's happening,
challenge yourself
to control the
way you respond
to what's happening.
That's where
your power is!

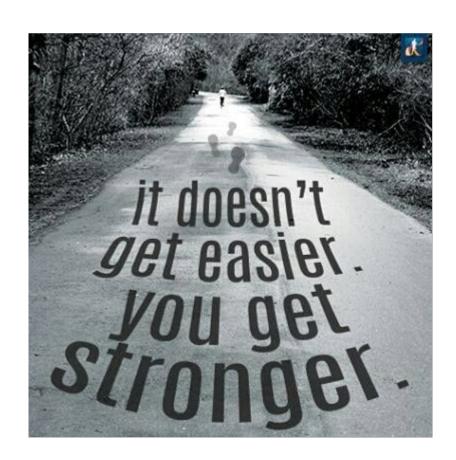
"Just because some people make bad choices doesn't mean they are bad people"

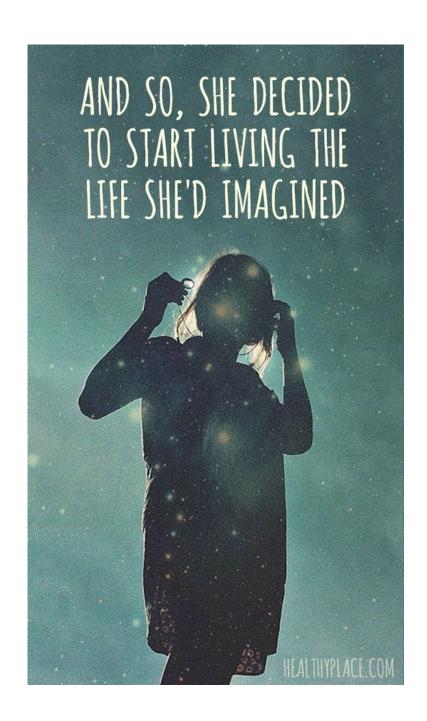
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As I walked out the door toward my freedom,
I knew that if I did not leave all the anger, hatred and bitterness behind,
That I would still be in prison.

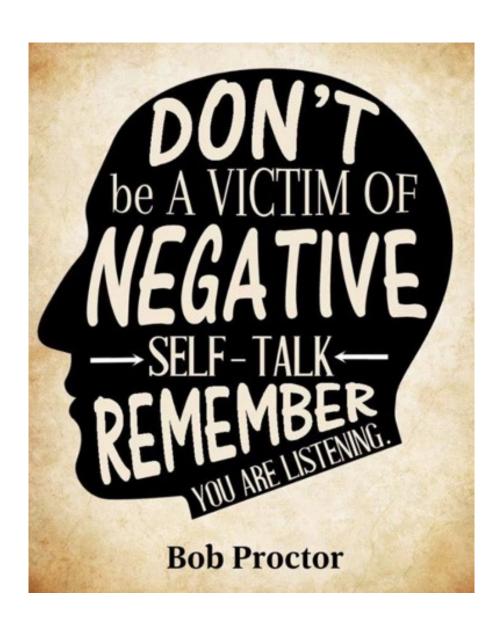
NELSON MANDELA







be The Challes you wish to see in the world -Ghandi



TO CHOOSE, BUT YOU ARE NOT FREE from the CONSEQUENCE OF CHOICE