If you don't stand for something, you'll fall for anything.

- Gordon B. Hinckley
YOU LIVE
ONCE
SO THINK
TWICE.
It is your reaction to adversity, **not** the adversity itself, that determines how your life's story will develop.

- Dieter F. Uchtdorf
In a world where you can be anything, 
Be Yourself
BE YOURSELF
EVERYONE ELSE IS TAKEN
Overthinking leads to negative thoughts.
Always remember you are braver than you believe, stronger than you seem, smarter than you think & twice as beautiful as you'd ever imagined.
Integrity is doing the right thing when no-one is watching.
You can not change THE PEOPLE around you.
But you can change the people that you choose to be around...

QUOTEDIARY.ME
Why fit in when you were born to STAND OUT!

--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
Sometimes what you are the most afraid of doing is the very thing that will set you free.
it doesn’t
get easier.
you get
stronger.
AND SO, SHE DECIDED TO START LIVING THE LIFE SHE'D IMAGINED
be the change
you wish to see
in the world
-Ghandi
DON'T be A VICTIM OF NEGATIVE SELF-TALK REMEMBER YOU ARE LISTENING.

Bob Proctor
you are FREE to choose, but you are not FREE from the consequence of your choice