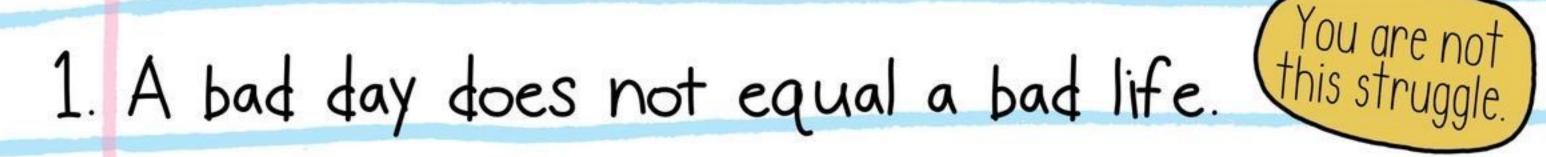
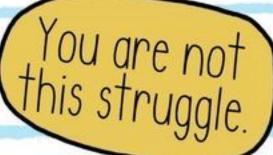
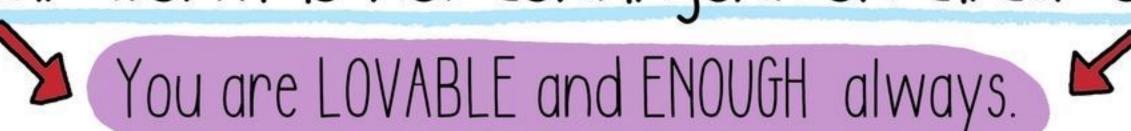
## REMINDERS FOR HARD DAYS WHOLE Hearted





- 2.) Not all thoughts are true. Phew.
- 3. Feelings are not facts. real, and allowed.
- 4. The only way out is through. DARNIT.
- 5. Your worth is not contingent on circumstances.



- 6. Nothing stays the same. Life guarantees this.)
  - 7. You can't be everything to everyone (But you can be true to yourself.)
  - 8. Be gentle with yourself. And trust your inner voice, strength, rand resilience.
  - 9. You're not alone. It's okay to ask for help.
- 10. Focus on the things you can control. (Let go of the rest.) This is easier said than done.