

WHEN
YOU ARE RECOVERING
FROM A SICKNESS
AND FEAR YOU'LL NEVER
BE THE SAME AGAIN,

IF YOU LOSE
YOUR SELF-ESTEEM,
AND SEEM TO BE
SHRINKING,

REMEMBER,
THE CUT ALWAYS HEALS,
AND THE NEW SKIN
IS EVEN TOUGHER,

WRITE AN ANECDOTE
ABOUT YOURSELF,
CAPTURING THE BRAVEST DEED
YOU HAVE EVER DONE. SEARCH
IN YOUR MEMORY FOR THAT
SPECIAL SOMETHING.
IT WILL BE THERE,

LET YOUR IMAGINATION
BE UNFURLED,
SO THAT YOU MAY WILL
A BETTER WORLD,

IF YOU'RE AFRAID
YOU WON'T HAVE
ENOUGH MONEY FOR
YOUR OLD AGE,

TRANSFORM WHAT IS BAD
INTO SOMETHING GOOD.
YOU CAN DO THIS
IF YOU ARE
WILLFUL,

SIMPLY INSIST THAT
YOU'LL NEVER GROW UP
AND THAT YOU PLAN TO PUT
YOURSELF UP FOR ADOPTION TO
THE HIGHEST BIDDER. TO SWEETEN
THE POT SAY YOU'LL EVEN TOSS IN YOUR
WISDOM TO THE WINNER, THAT SHOULD
CLINCH IT,

NEVER ACCEPT "NO"
FOR AN ANSWER. "NO" IS
JUST THE CLOSING OF A
DOOR WHICH YOU CAN OPEN
IF YOU TRY,

YOU CAN NOT BE RESPONSIBLE
FOR EVERYONE AND EVERYTHING.
DON'T TAKE IT ALL
SO PERSONALLY,

RECALL THE SEA,
HOW IT SMELLS AND SOUNDS,
THE SEA
WILL SOOTHE YOU.

WHEN YOU HAVE
DONE YOUR BEST,
BUT FAILED, AND
FEEL DIMINISHED,
MAKE BELIEVE YOU ARE ADOPTING
YOURSELF AS A CHILD, THEN WITH
THAT CHILD IN HAND, SAY AT LEAST
THREE GOOD THINGS ABOUT YOURSELF.
MAKE A LIST OF YOUR STRENGTHS, OF
WHAT YOU HAVE BEEN ABLE TO
ACHIEVE, PLACE THIS IN A
SPECIAL SPOT THAT YOU CAN
COME BACK TO. ADD TO THE
LIST, SEE IT GROW.

WHEN SOMEONE
YOU HAVE COUNTED
ON LETS YOU DOWN,

REMEMBER THE TIMES
IN YOUR LIFE WHEN
YOU DID NOT COME THROUGH
FOR SOMEONE BUT WERE
GIVEN ANOTHER CHANCE
TO MAKE GOOD.

REMINDE YOURSELF
OF WHAT HAS GIVEN YOU
WARMTH AND COMFORT,
THERE ARE TIMES
WHEN YOU MUST HONOR THE
PAST,

THERE'S A TIME TO STOP
AND
TAKE STOCK,
SLOWLY.

GIVING TOO MUCH
AT ONCE
CAN BE OVERWHELMING.
LET YOUR LOVE
FLOW
EVENLY.

GO TO THE LIBRARY OR
YOUR FAVORITE BOOKSTORE
TAKE COMFORT IN ALL
THE WONDERFUL BOOKS
THERE ARE YET TO
READ, WHOLE NEW
WORLDS TO EXPLORE
IN YOUR LIFE AHEAD.

ALWAYS
REACH FOR THE STARS,
THEY ARE NOT
THAT FAR AWAY AND
THEY AWAIT YOUR
TOUCH. LOVE

LET YOURSELF GO
FOR A MOMENT,
EVEN TRY TO MAKE
A MISTAKE. THEN REGROUP.

LIVES ON
IN MEMOR'

AFTER THE DARK EARLY MORNING
COMES THE SUNLIGHT
AND THE USUAL NOISE WE MAKE
EMBARKING ON OUR NEW DAY.
THE REGULAR PATTERN TAKES OVER,

FIND WAYS
TO LET
YOUR SPIRIT SOAR
AND LET YOUR
CARES FLY AWAY,

MAKE SOMETHING
GOOD GROW
FROM THE BAD TIMES,

LOOK TO
THE FAMILIAR,
IT IS COMFORTING,

THERE ARE
SMILES AND LIGHT
WITHIN YOU,
REACH DEEP AND
LET THEM OUT,

YOUR IMAGINATION
IS STRONGER
THAN YOUR FEARS
WILL EVER BE,

INVENT
THE LIFE
YOU
WANT TO LIVE,

YOU ARE MUCH STRONGER
THAN YOU REALIZE,

LET YOUR SENSES TAKE
YOU OVER,
FEED YOUR HUNGER FOR
LIFE,

YOU NEEDN'T
ALWAYS
CONFRONT A PROBLEM
HEAD ON,
GIVING YOURSELF
TIME ALONE
CAN OFTEN BE THE KINDEST
THING TO DO,

YOU WILL BE ALL RIGHT IF
YOU THINK OF
BEAUTY,

GIVE YOURSELF SOME
TIME TO HEAL,
YOUR HURTS WILL GROW
WEAKER AND WEAKER
AS YOUR LIFE
TAKES OVER,

HANG ON
TO YOUR DREAMS,
IN THEM RESIDES YOUR WILL
TO LIVE,

PERSIST
WITH ALL YOUR
STRENGTH
WHILE THERE IS AN
OUNCE
OF LIFE WITHIN YOU,

SHARE
WHATEVER STRENGTH
YOU HAVE,
IT WILL HELP LIFT UP
THOSE WHO MAY
FEEL WEAK AND AFRAID,

THE MORE
YOU GIVE TO OTHERS,
THE STRONGER YOU BECOME,

DON'T FORGET
TO COUNT YOUR VICTORIES
ONE BY ONE,
LOVE THE GOODNESS
OF THE LITTLE CHILD IN YOU
AND BE MORE GENTLE
WITH YOURSELF,

THINK OF THE TINY ANT
WHO KEEPS REBUILDING,
CARRYING WEIGHTS MANY
TIMES ITS SIZE, IF IT CAN
DO IT, SO CAN YOU,