



10 Daily Reminders

- 1. The past cannot be changed*
- 2. Opinions don't define your reality*
- 3. Everyone's journey is different*
- 4. Things always get better with time*
- 5. Happiness is found within*
- 6. Over thinking will lead to sadness*
- 7. Positive thoughts create positive things*
- 8. Smiles are contagious*
- 9. Kindness is free*
- 10. You only fail if you quit*