

**Happiness keeps you Sweet,  
Trials keep you Strong,  
Sorrows keep you Human,  
Failures keep you Humble,  
Success keeps you Glowing,  
But ... Only Friends ....  
Keep You Going !!!**

## **Speak Out Loud Twice Daily**

"No matter what I've done in the past, whether through anger, fear, jealousy, revenge, blame, guilt or rage, I know I was doing the best I could with what I knew at the time... and I choose to LET IT ALL GO. I LOVE Myself RIGHT NOW and in every minute of THIS DAY.

No matter what has been done to me in the past, whether through others' anger, fear, jealousy, revenge, blame, guilt or rage, I know they were doing the best they could with what they knew at the time... so I choose to keep the knowledge I gained from the experience, and LET THE REST GO, including the guilt and blame others might want me to keep.

Because of ALL my experiences, I am now a much wiser, stronger and more confident person, and I am GRATEFUL. I wouldn't trade BEING ME for anything... I LOVE ME!"