

**"They always say time changes things,
but you actually have to change them
yourself."**

- Andy Warhol

**"The important thing is to learn a
lesson every time you lose."**

- John McEnroe

**"You don't concentrate on risks. You
concentrate on results."**

- Chuck Yeager

"Forever is composed of NOWS."

- Emily Dickinson

**"One day, you will wake up and there
won't be any more time to do the
things you've always wanted. Do it
now."**

- Paulo Coelho

**"The way I see it, if you want the
rainbow, you gotta put up with the
rain."**

- Dolly Parton

"Truth is the only safe ground to stand upon."

- Elizabeth Cady Stanton

"When you're good at something, you'll tell everyone. When you're great at something, they'll tell you."

-Walter Payton

"You cannot shake hands with a clenched fist."

- Indira Gandhi

"Always do your very best. Even when no one else is looking, you always are. Don't disappoint yourself."

- Colin Powell

Live Life On Life's Terms

Bad things Happen to Good People

Expectations are the Mother of Disappointments

Do the Next Right Thing



"When you start a new trail equipped with courage, strength, and conviction, the only thing that can stop you is you."

- Ruby Bridges

"In the end, it matters less that you can fight. What you fight for is the real test."

- John McCain

**"Carry out a random act of kindness,
with no expectation of reward."**

- Princess Diana

**"Power doesn't have to show off ...
When you have it, you know it."**

- Ralph Ellison

**"I never worry about the problem. I
worry about the solution."**

- Shaquille O'Neal

**"It is better to look ahead and prepare
than to look back and regret."**

- Jackie Joyner-Kersey

**"It's the rough side of the mountain
that's the easiest to climb; the smooth
side doesn't have anything for you to
hang on to."**

- Aretha Franklin

Recovery is a bumpy road!!!

A moment of weakness doesn't make you helpless. S*it happens to everyone.....

Stand up, dust off, and learn from it. Yes, you will stumble and fall, but each time you rise again, you become more confident and capable.

Powerlessness can easily become your narrative; do not allow it to.

You are much stronger than you know.

"If you cannot find peace within yourself, you will never find it anywhere else."

- Marvin Gaye

"There are many ways of going forward, but only one way of standing still."

- Franklin D. Roosevelt

"I always wanted to be someone better the next day than I was the day before."

- Sidney Poitier

"A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties."

- Harry Truman

"Don't be afraid of perfection. You will never attain it!"

- Salvador Dali

"Alone we can do so little; together we can do so much."

- Helen Keller

"Service to others is the rent you pay for your room here on Earth."

- Muhammad Ali

"Few will have the greatness to bend history itself, but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation."

- Bobby Kennedy

"If you're as honest and fair as you can be, not only in business but in life, things will work out."

- Kate Spade

"The formula for success is simple—practice and concentration, then more practice and more concentration."

- [Babe Didrikson Zaharias](#)

"One important key to success is self-confidence. An important key to self-confidence is preparation."

- Arthur Ashe

"I do not think that there is any other quality so essential to success of any kind as the quality of perseverance."

- John D. Rockefeller

"I am not interested in the past, except as the road to the future."

- Gianni Versace

My problems are still there, but my attitude towards them is different!

"It always seems impossible until it's done."

- Nelson Mandela

"I don't spend any time whatsoever thinking about what might have been."

- Alex Trebek

"The trick in life is learning how to deal with it."

- Dame Helen Mirren

Mark Twain – Have something no other industrialist has – Enough!

"Not everything that is faced can be changed, but nothing can be changed until it is faced."

- James Baldwin

"You have to believe in the long term plan you have but you need the short term goals to motivate and inspire you."

- Roger Federer

"Either you deal with what is the reality, or you can be sure that the reality is going to deal with you."

- Alex Haley

"No matter who you are, no matter what you did, no matter where you've come from, you can always change, become a better version of yourself."

- Madonna Ciccone

"In life, winning and losing will both happen. What is never acceptable is quitting."

- Earvin "Magic" Johnson

"Self-esteem comes from what you think of you, not what other people think of you."

"When you start a new trail equipped with courage, strength, and conviction, the only thing that can stop you is you."

"No matter what accomplishments you make, somebody helped you."

- Althea Gibson

"Champions keep playing until they get it right."

- Billie Jean King

"Courage is not the absence of fear, but the triumph over it."

- Nelson Mandela

"Your struggles develop your strengths."

- Arnold Schwarzenegger

"A step backward, after making a wrong turn, is a step in the right direction."

- Kurt Vonnegut

"Not everything that is faced can be changed, but nothing can be changed until it is faced."

- James Baldwin

"A step backward, after making a wrong turn, is a step in the right direction."

- Kurt Vonnegut

"The future doesn't belong to the fainthearted; it belongs to the brave."

- Ronald Reagan

7 Cardinal Rules in **Life**

1

Make peace with your past
so it won't screw up the present.

2

What others think of you
is none of your business

3

Time heals almost everything,
give it time.

4

Don't compare your life to others
and don't judge them. You have no idea
what their journey is all about.

5

Stop thinking too much
it's alright not to know the answers. They will
come to you when you least expect it.

6

No one is in charge
of your happiness, except you.

7

Smile. You don't own
all the problems in the world.

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HEALTHY SELF
HEAL THY SELF

He who
laughs at
himself
never runs
out of things
to laugh at.

THE HAPPIEST PEOPLE
DON'T HAVE THE BEST
OF EVERYTHING
—◆—
THEY JUST MAKE THE BEST
OF EVERYTHING

DO SOMETHING
TODAY THAT
YOUR FUTURE
SELF WILL
THANK YOU
FOR

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Be good enough to forgive someone, but don't be stupid enough to trust them *again*.

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The secret of change is to focus all of your energy not on fighting the old, but on building the new.

SOCRATES

ONCE YOU'VE ACCEPTED YOUR FLAWS, NO ONE

CAN USE THEM

AGAINST YOU

THE FIRST STEP OF CHANGE IS TO BECOME AWARE OF YOUR OWN BULLSHIT.



SHOUT OUT
TO ALL OF US
FIGHTING
THAT YOU THINK YOU'RE THE ONLY ONE
A BATTLE THAT
MOST PEOPLE
DON'T UNDERSTAND.
~ KEEP HANGING IN THERE ~

Feel the feeling, but
don't become the
emotion. Witness it.
Allow it. Release it.

@iHearts143Quotes ■ INSTAGRAM

What comes
easy won't
last long, and
what lasts
THE LONGER
long won't
come easy.

**"IF YOUR
DREAMS DON'T
SCARE YOU,
THEY AREN'T
BIG ENOUGH"**

- Mohammed Ali -



narcissism_is_poison



Don't rush your healing, don't pretend to be okay when you're not and don't apologize for being broken.

Lizelle Gutierrez

The time is always right to do what is right.

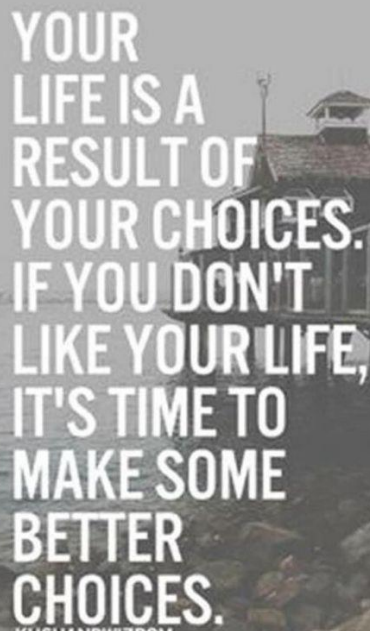
- Martin Luther King, Jr.

You can't control other people. You can only control your reactions to them.

KUSHANDWIZDOM

Life begins at the end of your comfort zone.

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YOUR
LIFE IS A
RESULT OF
YOUR CHOICES.
IF YOU DON'T
LIKE YOUR LIFE,
IT'S TIME TO
MAKE SOME
BETTER
CHOICES.

KUSHANDWIZDOM

**Consider
how hard it
is to change
yourself
and you'll
understand
what little
chance you
have in
trying to
change
others.**

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**Don't burn
bridges. You'll
be surprised
how many
times you have
to cross the
same river.**

**SOMETIMES
YOU NEED TO BURN
BRIDGES TO
STOP YOURSELF
FROM CROSSING
THEM AGAIN.**

HPLYRIKZ.COM

**it's not
about
brand, it's
about
style.**

**IF YOU WANT
TO BE
SUCCESSFUL,
PREPARE TO BE
DOUBTED
AND
TESTED**

It's not about being the best. It's about being better than you were yesterday.

ART.COM

My goal is not to be better than anyone else, but to be better than I used to be.

Wayne Dyer

www.YourPositiveOasis.com

Beauty isn't about having a pretty face. It's about having a pretty mind, a pretty heart, and a pretty soul.

MY DAILY MORAL INVENTORY

LIABILITIES

ASSETS

Watch For:	Strive For:
Anger	Self-Control
Self-Pity	Self-Forgiveness
Self-Justification	Integrity
Self-Importance	Modesty
Self-Condernation	Self-Esteem
Dishonesty	Honesty
Impatience	Patience
Hate	Love
Resentment	Forgiveness
False Pride	Humility
Jealousy	Trust
Envy	Generosity
Laziness	Activity
Procrastination	Promptness
Insincerity	Straightforwardness
Negative Thinking	Positive Thinking
Criticizing	Look For The Good
Fear	Faith

CARPE DIEM
2019 CALENDAR

Keep THE ONES
THAT *heard* YOU
WHEN YOU NEVER
SAID A *word.*



DON'T JUDGE
YOURSELF BY
YOUR PAST.
YOU DON'T
LIVE THERE
ANYMORE.

CURIANO . com

Be good
enough
to forgive
someone,
but don't
be stupid
enough
to trust
them *again.*

hplyrikz.com

WORDS ARE
MEANINGLESS
WITHOUT INTENT
AND FOLLOW
THROUGH.

KUSHANUDWIZDOM

**Your words
mean nothing
when your
actions are
the complete
opposite.**

A Wise old man was talking
to a boy and said,
"There are two wolves always
fighting inside me. One is filled
with anger, hate, jealousy, shame
and lies.

the other wolf is filled with
love, joy, truth and peace.
this battle rages inside of you
and all men"

The boy thought for a moment and asked
"Which wolf will win?"
The old man answered

"The one you feed"

**We are
what we
believe
we are**

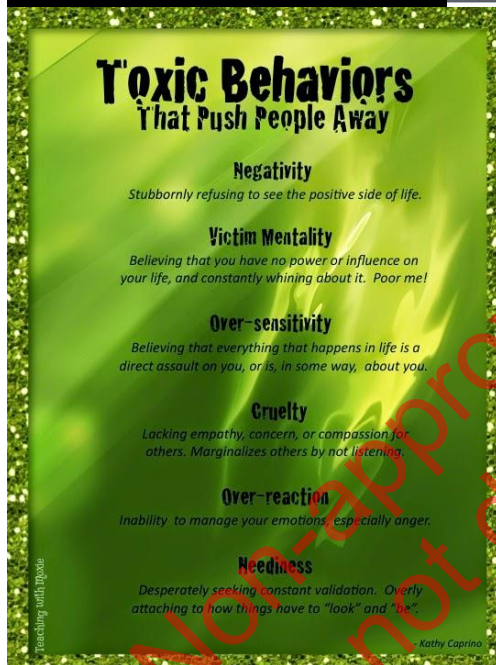
" I am learning
to love the
sound of
my feet
walking
away from
things not
meant for
me. "

AG

**Some people
will only
"love you"
as much as they
can use you.
Their loyalty
ends where
the benefits
stop.**

HEARTFELTQUOTES.BLOGSPOT.COM

**It's okay to cut
TOXIC family
members out
of your life.
Blood ain't
thicker than
peace of
mind...**



**Ask yourself
if what you're
doing today
is getting you
closer to
where you
want to be
tomorrow.**

WATCH YOUR THOUGHTS,
THEY BECOME WORDS.
WATCH YOUR WORDS, THEY
BECOME ACTIONS. WATCH
YOUR ACTIONS, THEY
BECOME HABITS. WATCH
YOUR HABITS, THEY
BECOME YOUR CHARACTER.
WATCH YOUR CHARACTER,
FOR IT BECOMES YOUR
DESTINY.

**SURROUND
YOURSELF WITH
PEOPLE WHO HAVE
DREAMS, DESIRE AND
AMBITION; THEY'LL
HELP YOU PUSH FOR,
AND REALIZE YOUR
OWN.**

KUSHANDWIZDOM

**Don't stress
over anything
that you can't
change.**

**Stop giving
CPR to dead
situations.**

@iHearts143Quotes ■ INSTAGRAM

i know i have to be
careful because there is
something self destructive
within me.

**A strong
relationship
starts with
two people
who are ready
to sacrifice
anything for
each other.**

kushandwizdom.tumblr.com

The best thing
to spend on
your relationship
is time,
conversation,
understanding,
and honesty.

via curiano.com

**WE ARE
EITHER
WORKING ON
RECOVERY
OR WE'RE
WORKING
ON A
RELAPSE.**

-Anonymous

recoveryexperts.com

**I AM PHYSICALLY,
MENTALLY
AND EMOTIONALLY
READY TO ENTER A NEW
PHASE IN MY LIFE.
I'M READY TO GROW
AND GET BETTER.**

via thisjustlifequotes.com

**"HOW YOU
MAKE OTHERS
FEEL ABOUT
THEMSELVES,
SAYS A LOT
ABOUT YOU."**

KUSHANOWIZOOM

**A pessimist
sees the
difficulty in
every
opportunity,
an optimist
sees the
opportunity
in every
difficulty.**

Winston Churchill

**TO THE WORLD
YOU ARE JUST
ONE PERSON.
BUT TO ONE
PERSON YOU
ARE THE WORLD.**

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Just because
I am not
talking
doesn't mean
I'm in a
bad mood.
Sometimes,
I just like
being quiet.

yoursweetgirl.tumblr.com

Just Because I am not talking by OldPosters

Sometimes
it's very hard
to move on,
but once you
move on,
you'll realize
it was the best
decision you've
ever made.

Zazzle

You can't
change what
has already
happened, so
don't waste
your time
thinking about
it. Move on, let
go, and get
over it.

If you allow people to
make more
withdrawals than
deposits in your life,
you will be out of
balance and in the
negative. Know when
to close the account.

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