
There are some things
worse than boredom.

- Mom

This too shall pass

- Book

Be Kind

Love is spelled
T-I-M-E

- my Mom

Don't let perfect be
the enemy of good.

- Voltaire &
Gretchen Rubin

Pay attention
to red flags

- My Therapist

We are so
proud of you!

- My Parents

You are already a
great artist & poet!

- Grandpa

Remember God loves
you and so do I

-Friend

Don't waste your time
worrying - things will
take care of
themselves.

-my Dad

Go for the Ph.D.

-Rev Mike Cooney

You gotta keep moving! If
you stop moving you die.

How important is it really?
-my mother

Get a job and stay with
it until you are retiring.

Stay neutral, there
is no good or bad.
-my mentor

Stay in the Flow.

When it going really badly, stop
and take a photo. You'll be able
to laugh about it later.

-Friend

Continue to stay positive
when feeling down.
Say affirmations daily.

Never turn a one-day story
into a three-day story.

-Doug Gross

The past is over.
We begin again.

-The late and beloved

Jim Barnes

Go out and PLAY!
-my mother

Reading is the best gift.
-my GRANDma

Treat everyone the way
you want to be treated.

Be proud of who you are.
Always be kind and share
with others.
-my Parents

There is Good

Life is short, eat dessert
first...

-A Dessert Lover

Things are not happening
TO me, they are
happening FOR me.

You are the
Love you seek.
-K

Don't worry.
-Grandma

Control what you CAN
control.
-Mom

It will be ok, we just don't
know what that looks like.
-Aunt

Don't major in the minors.
-Friend

Telling the truth is not
only the right thing to do,
it's also highly efficient.
-TJ McClain

walking through the dark
tunnel, you will see the
light on the other end.

Nothing is impossible

Stop trippin'
It's nice here.
-Friend
