



*Every day
may not be good,
But there is
something good
in every day.*




We become

what we think about.

- Emily Nightingale



*Train your mind to
see the good in everything.*



*Life is tough,
my darling,
But so are you.*

A vibrant, high-contrast image of a large, curling wave. The wave is rendered in shades of pink, magenta, and purple, with a bright, glowing center where the sun is shining through. The background is a clear, bright blue sky. The overall effect is one of energy and optimism.


*Keep your face always
towards the sunshine,
and shadows
will fall
behind you.*

- Walt Whitman

*Don't let the
behaviour
of others
destroy your
inner peace.*

Healing is not linear.





*Always end the day with
a positive thought;*

*No matter how hard things were,
tomorrow is a
fresh opportunity
to make it better.*

*Forgive others; not because they
deserve forgiveness, but because
you deserve peace.*

- Mark Twain



*Take care of your
thoughts when you're alone,
and take care of your words
when you're with people.*



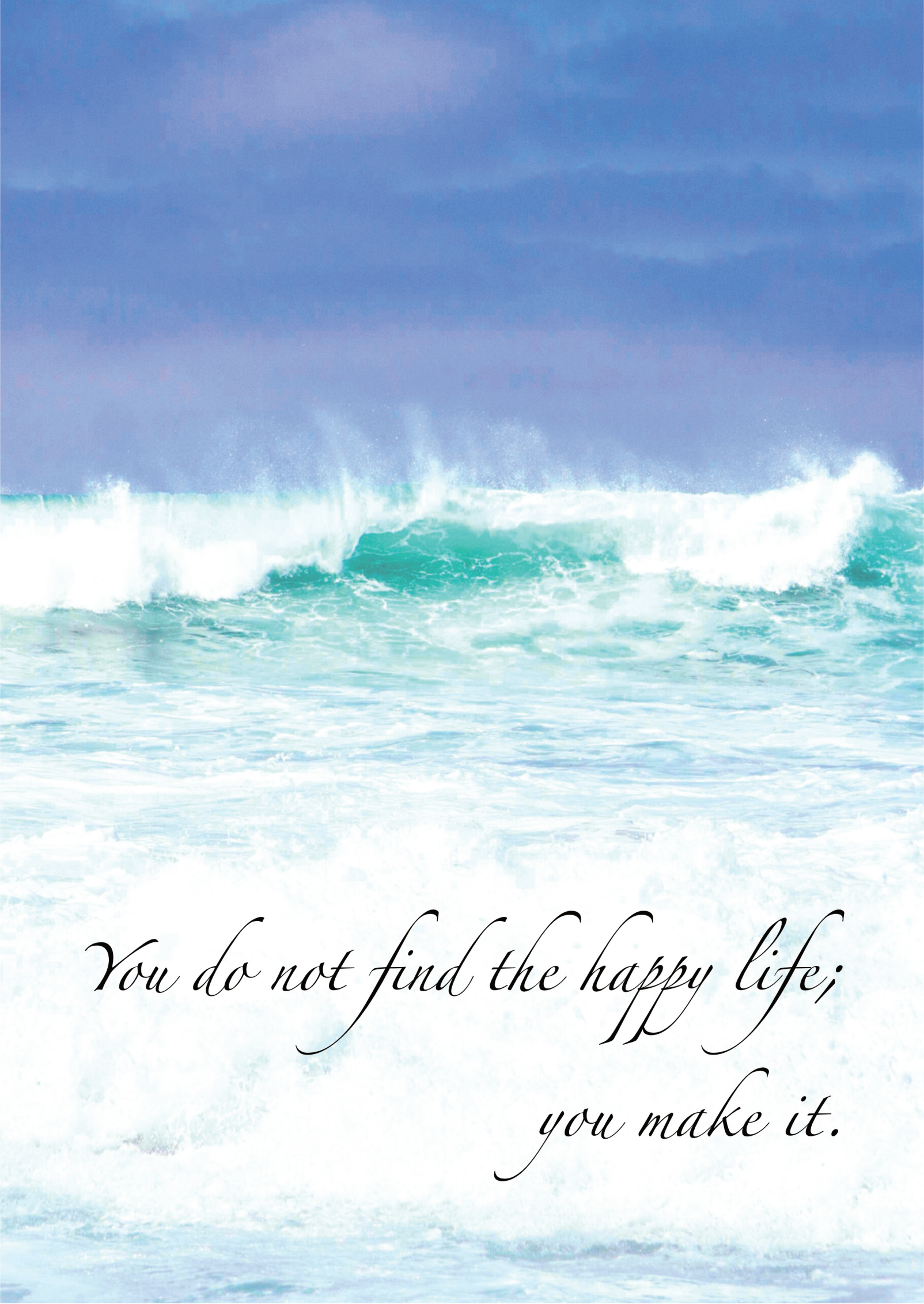
*People will forget what you said,
people will forget what you did;
but people will
never forget
how you made them feel.*

- Maya Angelou






Keep choosing joy.



*You do not find the happy life;
you make it.*



*The moment you
accept responsibility
for everything in your life
is the moment you
gain the power to
change anything in your life.*



*Peace of mind comes
the moment you choose to
be peaceful with any situation.*

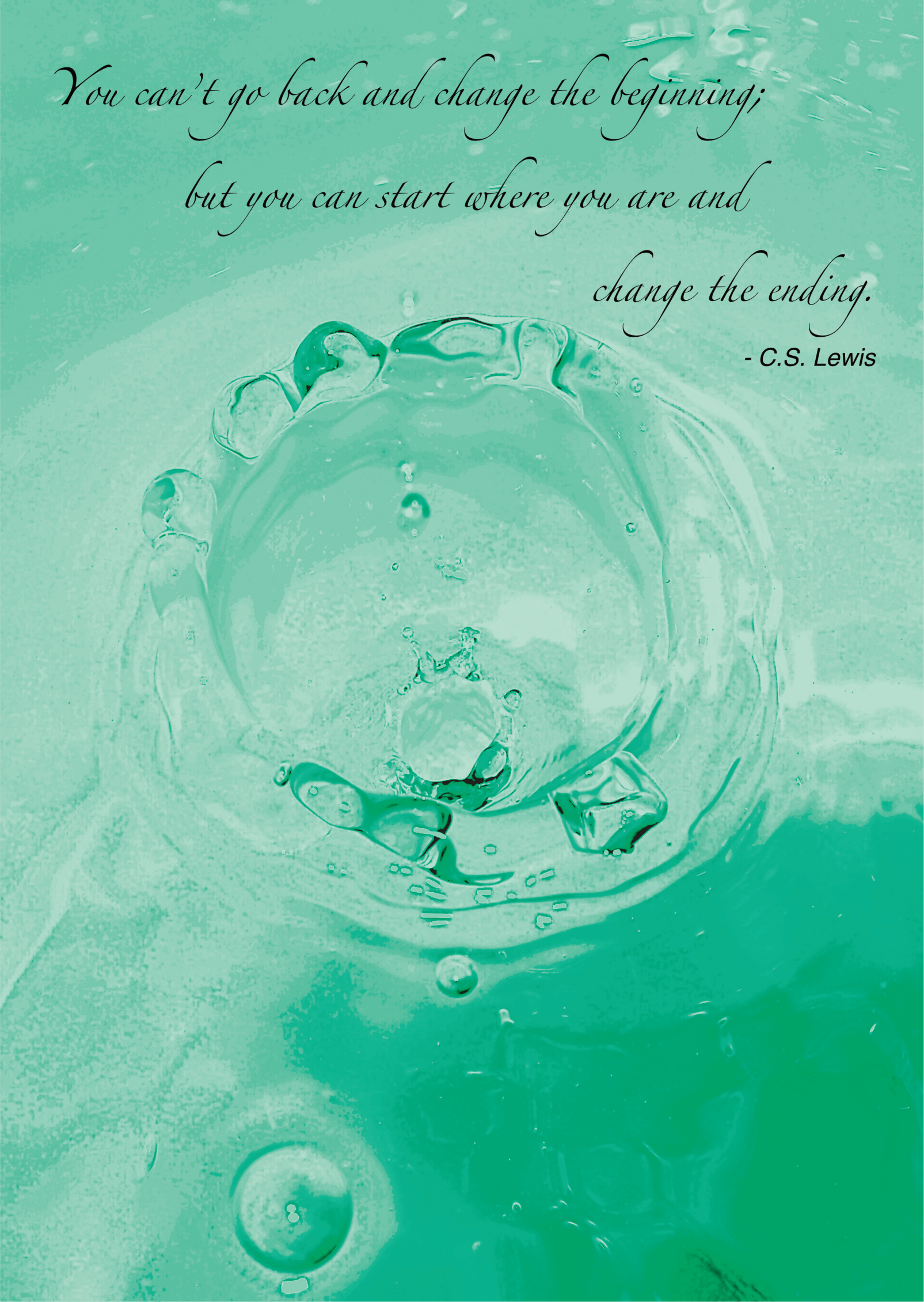


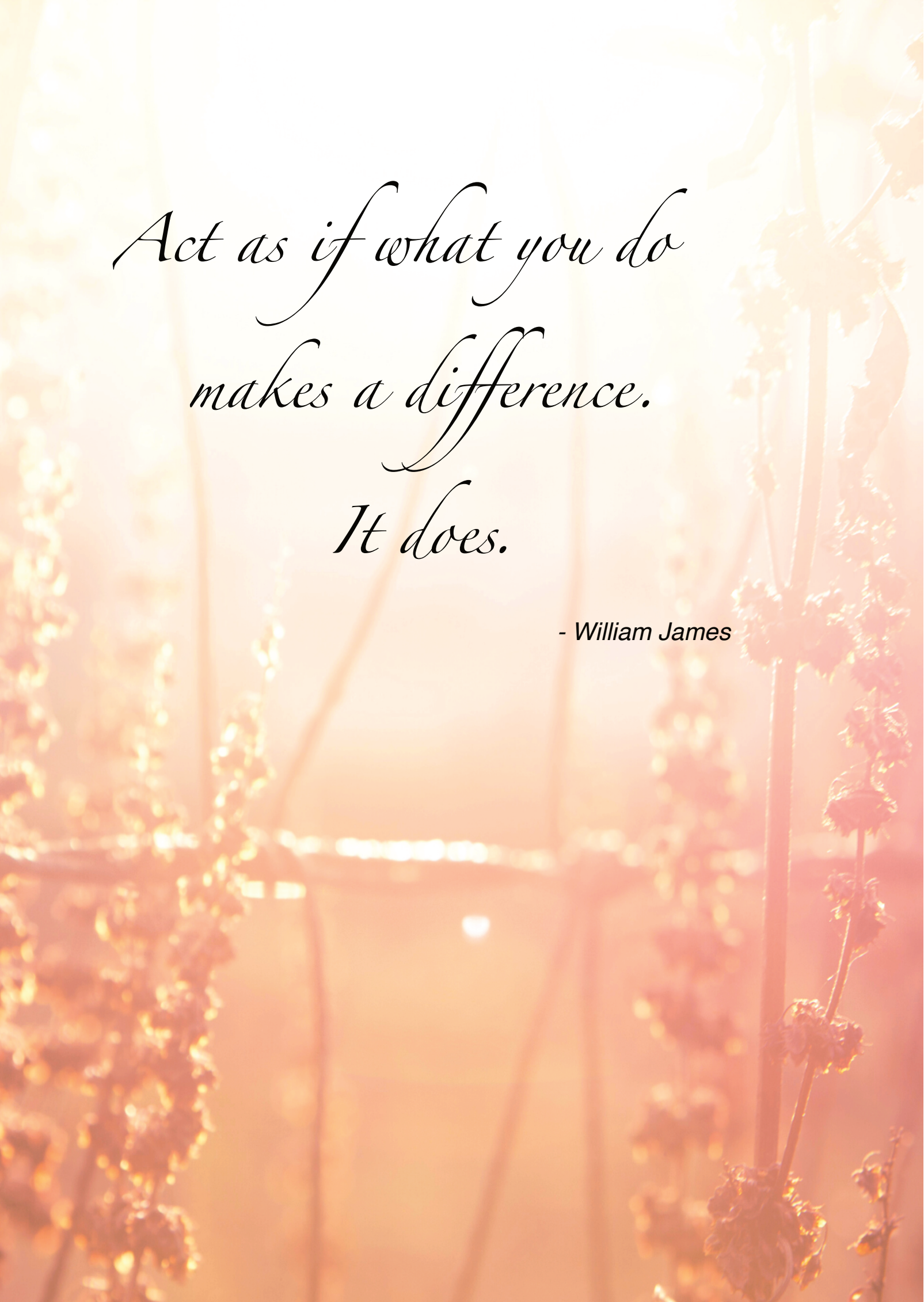
*If you look at
what you have in life,
you'll always have more.*

- Oprah Winfrey

*You can't go back and change the beginning;
but you can start where you are and
change the ending.*

- C.S. Lewis






*Act as if what you do
makes a difference.
It does.*

- William James



*Be the change you
wish to see in the world.*

- Mahatma Gandhi

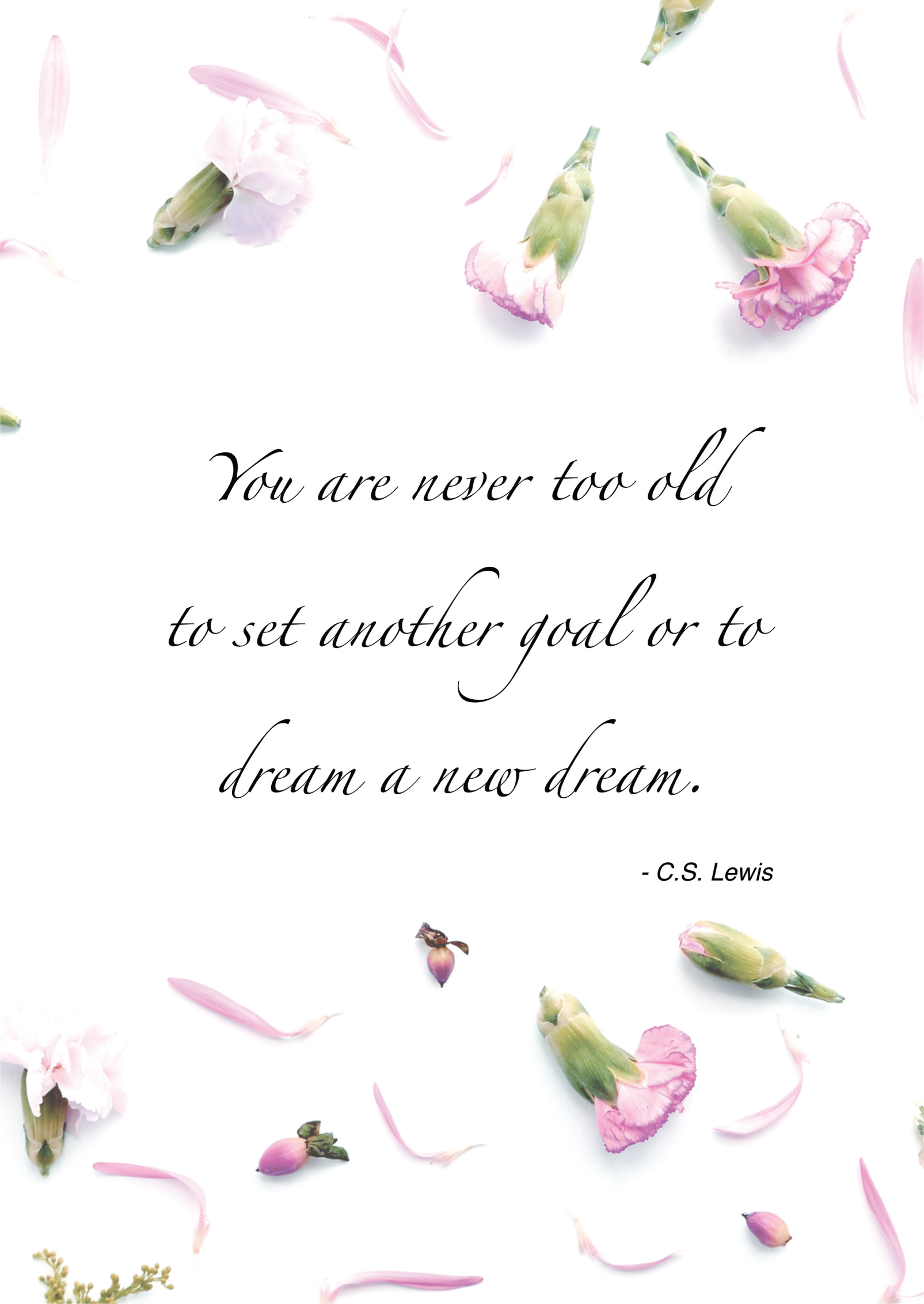


*Your mind will always believe
everything you tell it.*

Fill it with love and compassion.

*Stay close
to anything that
makes you
glad you are alive.*

- Hafez

The image features a white background with several pink carnations and individual petals scattered across it. Some flowers are in full bloom, while others are buds or just petals. The petals are scattered in various directions, creating a delicate and artistic composition. The text is centered in a black, elegant cursive font.

*You are never too old
to set another goal or to
dream a new dream.*

- C.S. Lewis