

Love yourself

Be *brave*

Nourish your soul

Choose empowering thoughts

Speak *positive*, powerful and lovely words

Think in terms of possibilities

Be determined

Ask for what you want

Notice the tiny *miracles* around you

Count your blessings and expect them

Do not judge people or situations

Everything serves a *purpose*

Let things flow, do not resist change

Giving up is not an option

Do what you love, pursue your dreams

*Laugh* frequently

Trust your inner guidance

Live an intentional life

Spread love and *kindness*