

Pause and Remember

Every situation in life is temporary.

So, when life is good, make sure you enjoy and receive it fully.

And when life is not so good, remember that it will not last forever and better days are on the way.

-Jenni Young-

Mindfulness:

Living in the Moment

Instead of focusing so
much on a To Do List,
I'm starting a To Be List.



Things I Want To Be:

Happy

Calm

Loving

Healthy

Awesome

