



At Least Once Every Day...

Treat yourself to something that makes you happy

Give yourself permission to be wrong.

Applaud yourself for the smallest success;

forgive yourself for the greatest defeat.

Appreciate yourself for the effort you made,

the good you did, and the joy you shared.

Accept yourself for what you are,

For what you are...

Is beautiful.

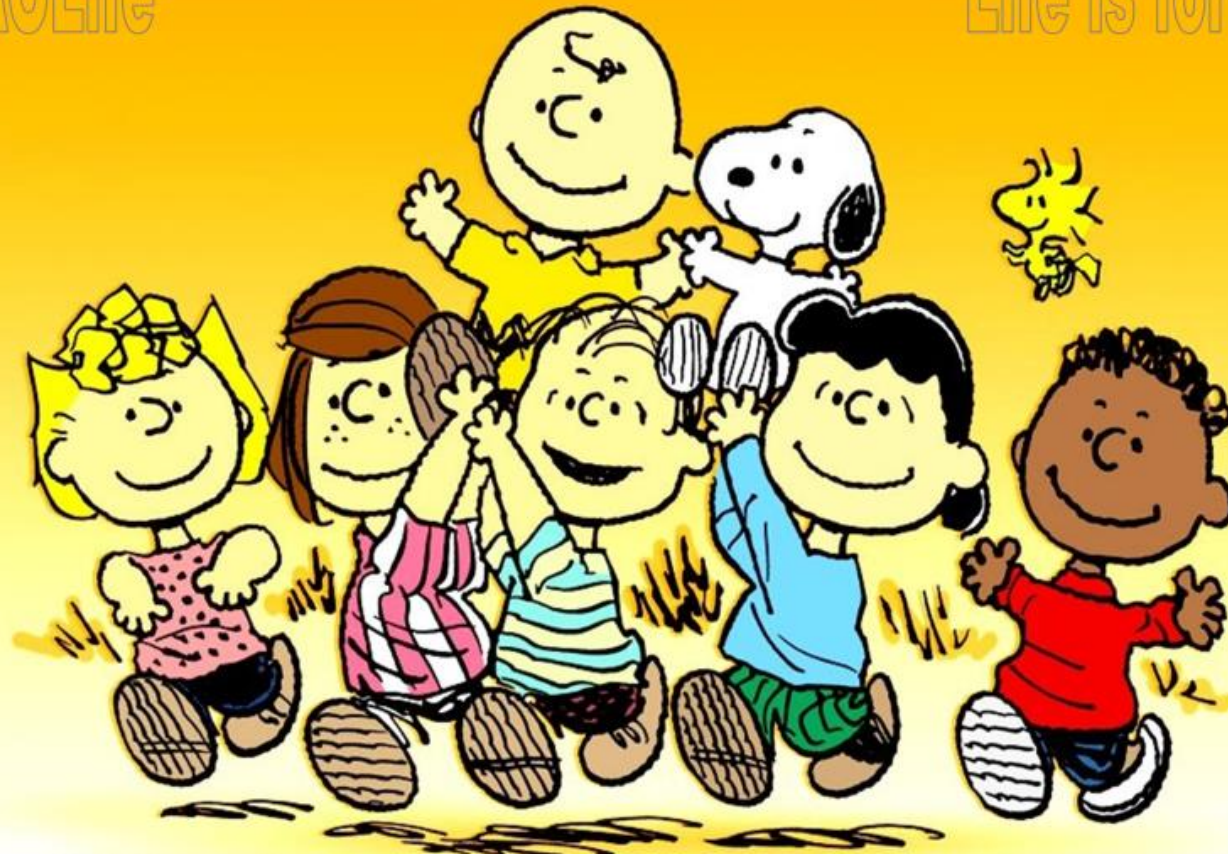


Always believe something wonderful is going to happen. Even with all the ups and downs, never take a day for granted. Smile, cherish the little things and remember to hug the ones you really love.



#TAOLife

Life is for Living



**Good friends make you laugh, make you smile,
and make every day worthwhile.** *Gaye Crispin*