


“Eat better. Run more. Squat more.
Sleep earlier. Wake up earlier. Make a
good breakfast. Drink water. Eat
fruits. Read books. Adventure. Talk
less. Listen more. Feel deeper. Love
better. Open your eyes. Experience
life. Be happy.”

“Your best
days,
are yet to
come.”

It is all I have lost
that has set me free.



6 things that require
zero talent:

1. Focus.
2. Attitude.
3. Work ethic.
4. Being on time.
5. Being prepared.
6. Being a good person.

Focus on you for a change

By Vybe Source

Stop worrying about other people understanding you. Get in touch with yourself instead. Focus on what makes you happy, what makes your soul feel at peace. You are your biggest commitment, so start loving your flaws, your awkwardness, your weirdness, your intensity, your vulnerability, your everything. Life becomes so much more fulfilling when you are just simply yourself. The world keeps spinning whether people understand you or not, so why not make this next trip around the sun about you.


KNOW WHO
YOU ARE
AND
KNOW IT'S
ENOUGH



INTERMINABLE MOTIVATION

**THE LION DOES NOT
TURN AROUND WHEN
A SMALL DOG BARKS.**

HAVE MORE
THAN YOU
SHOW,
AND SPEAK
LESS THAN
YOU KNOW.



**“IF YOU SEE
SOMETHING
BEAUTIFUL IN
SOMEONE,
SPEAK IT.”**

- RUTHIE LINDSEY



"Help is a very
expensive gift..So
don't expect it from
everyone, ..Because
very few people are
"Rich by Heart..."

Rest others only talk.



Good Morning