

# 8 THINGS THAT CHANGE YOUR LIFE IN ONE YEAR

1. Stop complaining and appreciate how lucky you are every day.
2. Embrace loneliness and reinvent yourself in the process. ?
3. Say goodbye to the people that don't bring positive energy into your life.
4. Throw off the TV and set Internet controls. X
5. Pick one skill you want to cultivate and put all your effort into developing it.
6. Commit to the goals you set and never look back.
7. Sweat every day to boost your mood.
8. Fail forward. Learn from every mistake you make.

“ ”

DO WHAT YOU  
HAVE TO DO  
UNTIL YOU CAN  
DO WHAT YOU  
WANT TO DO.

- OPRAH WINFREY

NOTHING

*worth having*

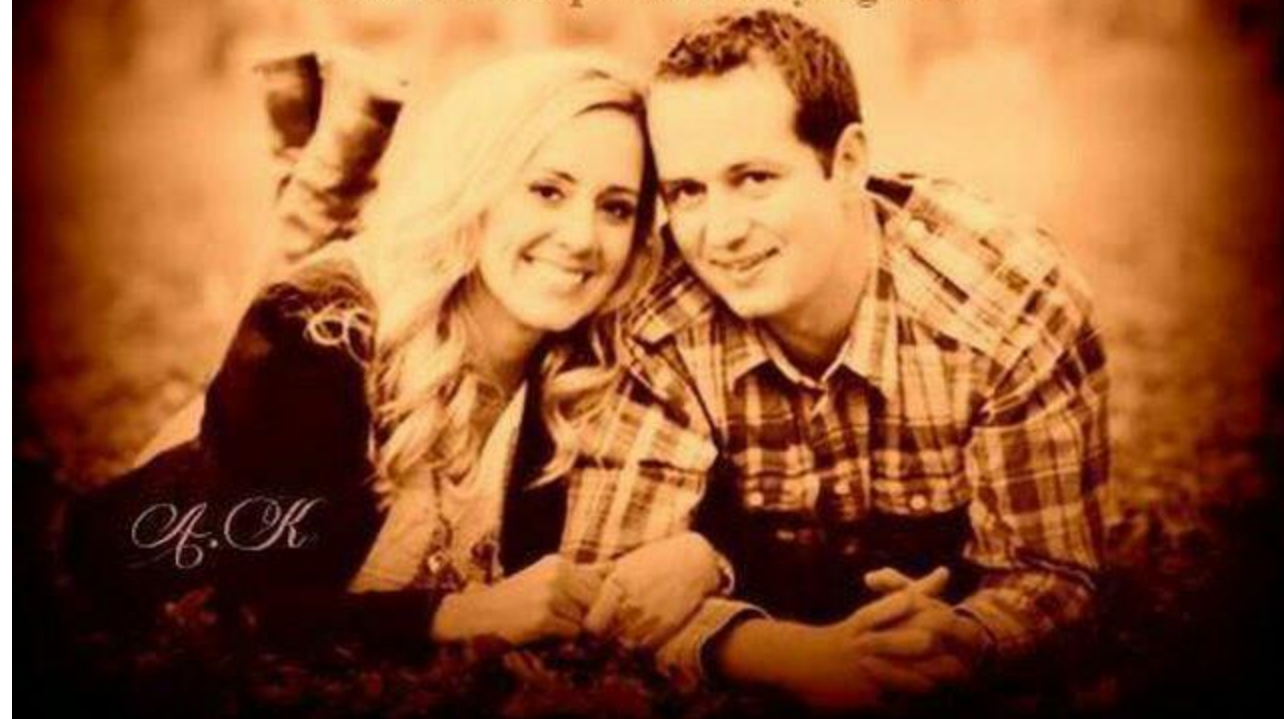
COMES EASY

**Two things to remember in life:  
"Take care of your thoughts when  
you're alone", and "Take care of your  
words when you're with people.**




**“If you find someone who makes you smile,  
who checks up on you often to see if you're  
okay, who watches out for you and wants the  
very best for you, don't let them go. Keep  
them close and don't take them for granted.  
People like that are hard to find.”**

[www.lifelovequotesandsayings.com](http://www.lifelovequotesandsayings.com)





A photograph of a dandelion seed head in silhouette, positioned in front of a window with horizontal blinds. The blinds are partially open, allowing light to filter through, creating a pattern of light and shadow. The overall mood is contemplative and hopeful. A white rectangular box with a thin black border is centered over the image, containing the text "It feels impossible until you do it." in a black serif font. Below the quote, the word "THINKNSHINE" is written in a smaller, light-colored, sans-serif font.

It feels impossible until you do it.

THINKNSHINE

**SUCCESS**  
**ALL DEPENDS ON**  
**THE SECOND LETTER**

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BRYAN DURKIN





IT DOESN'T  
MATTER WHAT  
OTHERS THINK  
IT'S WHAT YOU  
BELIEVE.



I WILL WHAT I WANT

**THE SECRET  
OF PASSION  
IS PURPOSE.**