

Manage feelings.  
Deal with facts.

Clear is always kind.

Let go of what's hurting,  
so you take hold of help.

Take your time.

Mental real estate  
and energy are finite.  
Manage both wisely.

Mind FULL or mindful?  
Choose carefully.

Never go back  
to what broke you.

“No” doesn't always  
need an explanation.

Little steps can  
make a BIG difference.  
1% beats 0%.

Don't let what hurt  
you haunt you.