

Choose to let go  
so that you can get going.

Stop looking back.  
You're not going that way.

Set realistic goals  
with actionable steps.

Consider the cost of staying  
where and how you are.

Practice positivity  
to help you get growing.

You never truly start over.  
You know and can do a lot.  
That goes with you.

Prepare a plan and a pivot.  
Know what you can do next.

Identify and define  
your challenges so you  
can deal with them.

Know your priorities.  
Let them guide you.

Cultivate good habits.  
Then, stick to them.