



# WORDS TO LIVE BY

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ACCEPT

ACT

ALIGN YOUR GOALS

ALLOW YOUR EMOTIONS

BE BOLD

BE CALM

BE COMPASSIONATE

BE DIRECT

BE FIRM

BE FUN

BE GRATEFUL

BE NICE

BE RESPECTFUL

BREATHE

BUILD

CARE

CHANGE

CONSIDER THE IMPACT

CREATE

EMPATHIZE &

SYMPATHIZE

ENDURE

ENGAGE

EXERCISE

FIND ALTERNATIVES

FOCUS

FORGIVE

GROW

HAVE FUN

INVOLVE GOD

JUST TALK

LAUGH

LISTEN

LISTEN TO CALMING

MUSIC

LOOK OUTWARD

LOVE

MAKE TIME

NOTICE YOUR

THOUGHTS

PINPOINT THE PROBLEM

PRIORITIZE

RELAX

REPENT & REPAIR &

RESTORE

SEEK MEANING

SING OR PLAY AN

INSTRUMENT

SLOW DOWN

SMILE

VALUE

