

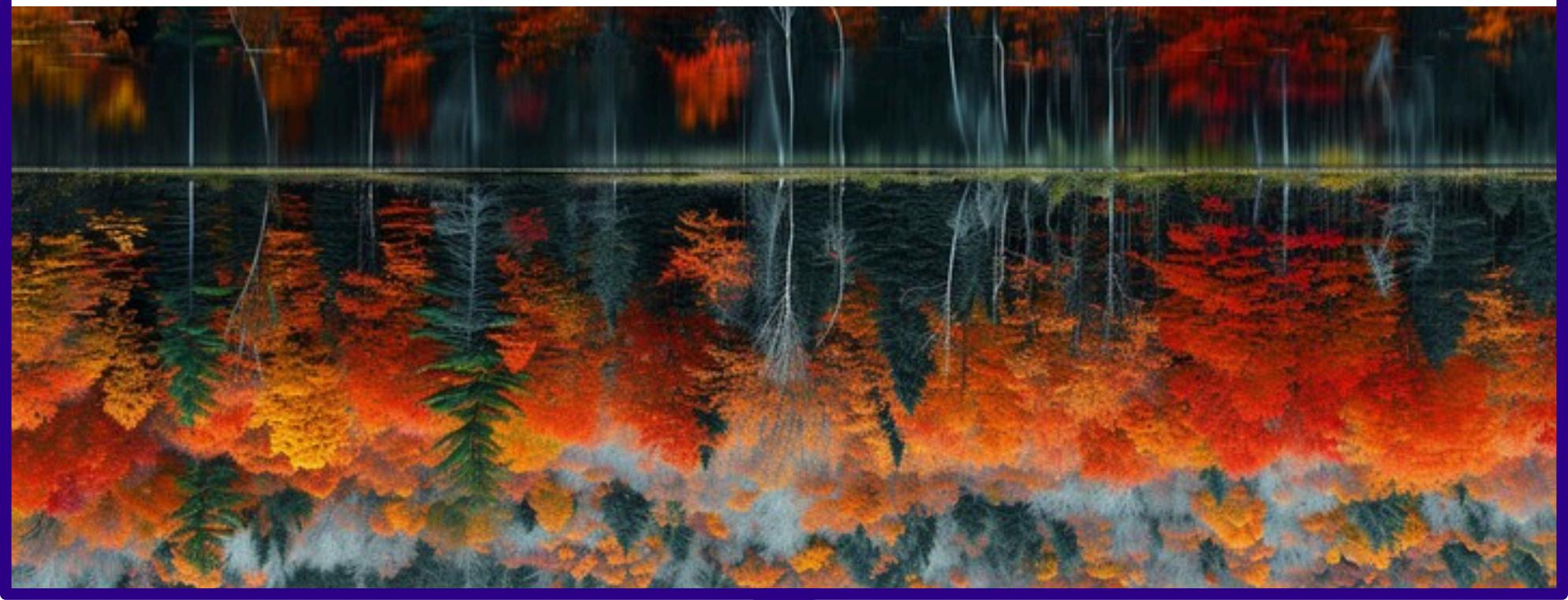


# Words To Live By

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





# WORDS TO LIVE BY



ACCEPT	CONSIDER THE IMPACT	LISTEN TO CALMING
ACT	CREATE	MUSIC
ALIGN YOUR GOALS	EMPATHIZE &	LOOK OUTWARD
ALLOW YOUR EMOTIONS	SYMPATHIZE	LOVE
BE BOLD	ENDURE	MAKE TIME
BE CALM	ENGAGE	NOTICE YOUR
BE COMPASSIONATE	EXERCISE	THOUGHTS
BE DIRECT	FIND ALTERNATIVES	PINPOINT THE PROBLEM
BE FIRM	FOCUS	PRIORITIZE
BE FUN	FORGIVE	RELAX
BE GRATEFUL	GROW	REPENT & REPAIR &
BE NICE	HAVE FUN	RESTORE
BE RESPECTFUL	INVOLVE GOD	SEEK MEANING
BREATHE	JUST TALK	SING OR PLAY AN
BUILD	LAUGH	INSTRUMENT
CARE	LISTEN	SLOW DOWN
CHANGE		SMILE
		VALUE

