



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





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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

