

The ABCs of Being True to Yourself

Always be grateful

Be kind to all beings

Create positive change

Design your own life

Endless possibilities, try them out

Face your fears and conquer them

Grow your heart

Hold your head high

Inform the world of your purpose and intent

Jump in whole heartedly

Kindness is meant to be shared

Let love shine in your life

Make the most of every moment

Never give up

Own up to your responsibilities

Play; keep the child inside happy

Quiet time to reflect and meditate

Radiate awesomeness from your being

Share the gifts you have been given

Teach others

Understand your past

Visualize your future

Wellbeing of self is most important

Xtend your arms to reach out to those in need

You are the only one who can change your world

Zoom through life in the moment

Sarah Dunkley