

WEEK EIGHT: NO TIME FOR TOXIC PEOPLE

PAUSE.

BREATHE DEEP.

ACKNOWLEDGE WITHOUT JUDGMENT.

BE STILL.

THERE IS POWER IN STAYING IN THE NOW.

EMBRACE THE LESSON & LET GO.

BE THE HERO OF YOUR STORY.

"DO THE BEST YOU CAN AND ONCE YOU KNOW BETTER, DO BETTER." -MAYA ANGELOU

RINSE & REPEAT.

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"IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT'S DONE." -NELSON MANDELA

It is my prayer for you to do the impossible with tenacity, compassion and hope.

QUOTES:

“Success is not final. Failure is not fatal. It is the courage to continue that counts.” -Winston S. Churchill

“IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT’S DONE.” -NELSON MANDELA

“The best way to predict the future is to create it.” -Abraham Lincoln

“TAKE A LOOK OUTSIDE, IT’S A BEAUTIFUL DAY, YEAH, IT’S A BEAUTIFUL DAY,
I’M GONNA KEEP IT THAT WAY.” -IMAGINE DRAGONS

“May I recognize when I need to pause and start over.” Jillian Pransky

“STRESS ISN’T GOING AWAY.

TOUGH CHOICES AREN’T GOING AWAY.

BUT HOW WE RESPOND TO THEM & EVEN MORE IMPORTANTLY, HOW THEY AFFECTS US..

CAN CHANGE.” -ALLI LOUTHAIN

**“On the outside, I am a human being who can make mistakes and fall short of my best. I reflect on what happened and then pause, inhale a deep cleansing breath and move from human judgment to a space of divine love...this is an opportunity to find compassion for myself and others.”
-Brooke Chapman Correll**

“No Time For Toxic People” -Imagine Dragon

The way they look at me, I know exactly
What they talk about when I'm not around
Got no time for that, as a matter of fact
Every day's my birthday, oh, I hope you heard me

Take a look outside, it's a beautiful day, yeah
Yeah, it's a beautiful day, yeah
I'm gonna keep it that way, that way, ayy
Take a real good look, it's a beautiful day, yeah
Yeah, it's a beautiful day, yeah
I'm gonna keep it that way, that way, ayy

So spend your hours on what you think I've done wrong
I know I'm in your mind, I've been here way too long
I want to spend my life with those who's done me right
Your heart is frozen over, I'm a four-leaf clover

Take a look outside, it's a beautiful day, yeah
Yeah, it's a beautiful day, yeah
I'm gonna keep it that way, that way, ayy
Take a real good look, it's a beautiful day, yeah
Yeah, it's a beautiful day, yeah
I'm gonna keep it that way, that way, ayy

Move along, move along, move along, go
Let me go to the clouds below
'Cause they're callin' me up to higher ground
What a teacup sound, even mighty drown, oh

Take a look outside, it's a beautiful day, yeah
Yeah, it's a beautiful day, yeah
I'm gonna keep it that way, that way, ayy
Take a real good look, it's a beautiful day, yeah
Yeah, it's a beautiful day, yeah
I'm gonna keep it that way, that way, ayy