

WEEK SIX: IT COMES BACK TO YOU

WHAT YOU THINK MATTERS.

WHAT YOU DO MATTERS.

WHAT YOU SAY MATTERS

WHAT YOU WATCH MATTERS.

WHAT YOU LISTEN TO MATTERS.

WHAT YOU EAT MATTERS.

LIFE IS AN ECHO. WHAT YOU SEND OUT-COMES BACK. WHAT YOU SOW-YOU REAP. WHAT YOU GIVE- YOU GET.

SO CHOOSE WHAT MATTERS MOST TO YOU,

AND BE INTENTIONAL WITH HOW YOU LIVE,

BECAUSE "THE WORLD IS AN ENTIRE MIRROR OF YOU".-Deepak Chopra

JOURNAL PROMPT:

WHAT DO I REALLY WANT IN MY LIFE?

WHAT ACTIONS/MUSIC/MOVIES/SOCIAL MEDIA/THOUGHTS/FOOD/DRINK DO I NEED TO
CHANGE TO GET THE RESULTS I WANT?

QUOTES:

"IF YOU WANT MORE POSITIVITY,
BE MORE POSITIVE.

IF YOU WANT FRIENDS WHO LIFT YOU,
START LIFTING OTHERS.

IF YOU WISH THE WORLD WAS KINDER,
START WITH YOURSELF.

IF YOU CAN'T STAND DRAMA,
STOP FEEDING INTO IT.

IF YOU WANT MORE GOODNESS,
BE THE GOOD." -BROOKE ROMNEY

"4 a.m. beside myself

And what I think of mental health

All the things that worry me

All the things you don't believe

I've been told just what to do

Where to look and point my view

All the things that I could be

I think I learned in therapy

Am I just a shadow you drew?

It comes back to you, it comes back to you

All the things that you had lost will find their way in you

It comes back to you, it comes back to you

Looking back into the past and I can see it through..." -Imagine Dragons "Comes Back to You"

"CHANGE YOUR THOUGHTS & YOU CHANGE YOUR WORLD." -NORMAN VINCENT PEALE

"The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives." -President Russell M. Nelson