

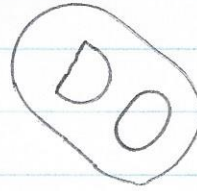
RACHEL
July 2018

Attitude of Gratitude

Life Changes

↳ every day is a new day

- develop goals
- treat everyone well
- don't be discouraged
- ask for help
- Have fun



"Mind over matter. If you don't mind
it doesn't matter"

"Don't sweat the small stuff"
- It's all small stuff -

Love others as yourself

Take care of the earth and ourselves

- NEVER GIVE UP -

Life Partner - Laws are useless
Beware

Health - a Key to good living

No Drugs/Smoking

Limit Sugar/Alcohol



Money - opportunity? or disaster?

Project - Plan → execution