



There is not enough
darkness in all the world
to put out the light of even
one small candle.

—*Robert Alden*



You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think.

—*A Course in Miracles*



Pain is inevitable,
suffering is optional.



When we are willing to
release self-doubt, smallness,
and self-sabotage in
exchange for fullness and
love we are willing to feel
our empowerment.



I do not have to work hard
to deserve what I want.

I am innately deserving.



Love can not exist as
a monologue; it is
a dialogue, a very
harmonious dialogue.

—Osho



It means cultivating the courage, compassion and connection to wake up in the morning and think: No matter what gets done and how much gets left undone—I am enough. And going to bed at night saying:

Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that I am also brave and worthy of love and belonging.

—Dr. Brene Brown



I am empowered
by my forgiveness.

I am proud of myself
for doing so.

And in this moment I am
free and open to love.



I am my best work –
a series of road maps,
reports, recipes, doodles,
and prayers from
the front lines.

—*Audre Lorde*



You are in the perfect
position to get there
from here.

—*Abraham Hicks*



Do the things you're procrastinating on.
List three things you've procrastinated on.
Do those three things.

If procrastination is occurring, do the things you are procrastinating on. It's a very simple cure and it's the last thing people really want to do because they don't really want to cure the procrastination. They want to find some mysterious psychotic fault line in themselves that causes them to procrastinate and then try to examine the fault line (even if it takes years) rather than do the thing.

Do the thing and the you shall have the power.

—*Steve Chandler*