

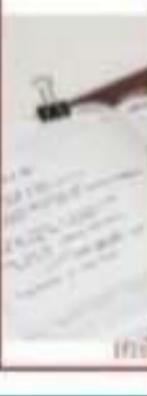
TODAY 
is going
to be
a really,
REALLY
Good
Day!
IfItBringsYouJoy.com

"What we spend
our time and
mental energy
focusing on
can indeed
become our
reality."
- Shawn Achor
IfItBringsYouJoy.com

If you're struggling
to find incentive,
look no farther
than the mirror.
-Steven Aitchison

IfItBringsYouJoy.com

The life
you keep
waiting for is
right here,
right now,
waiting for
you to
LIVE IT.
Cheryl Richardson
IfItBringsYouJoy.com

The key is not to
prioritize what's on
your schedule, but to
schedule your
priorities.
- Stephen R. Covey

IfItBringsYouJoy.com

Remember to
take care of yourself.
You can't pour from
an empty cup.

"Remember, you have
been criticizing
yourself for years and
it hasn't worked.
Try approving of

You are doing
the best you can
do right now.
...ing
...p.
...Action
...y.com

Free Printable Random Acts of Kindness QUOTE CARDS

Think
make
Do
make
Be with
make
Eat things that make
your body feel good.
Go at a pace that
makes you feel good.
- Louise L. Hay
IfItBringsYouJoy.com



Have a
really great day.
IfItBringsYouJoy.com

inder...
**RE
ING**
can
handle
anything
today!
IfItBringsYouJoy.com

*There is nothing
in nature that
blooms all year
long, so don't
expect yourself
to do so either.*

IfItBringsYouJoy.com

Repeat after me...
**I CAN
DO THIS!**

**YOU ARE

AMAZING**

**DANCE
LIKE
NOBODY'S
WATCHING!**

IfItBringsYouJoy.com