

Keep Smiling
And one day life will
get tired of
upsetting you.

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Nothing is more
beautiful than
a real smile that
has struggled
through tears.

Your
ATTITUDE
determines your
DIRECTION

HAPPINESS

comes from
WITHIN
and is found in the
PRESENT MOMENT
by making peace with the
PAST
and looking forward to the
FUTURE

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**Never Forget
To Smile**

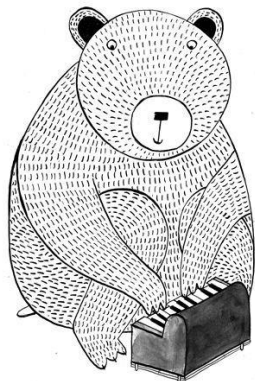




Never regret a day in your life: good days give happiness, bad days give experience, worst days give lessons, and best days give memories.

By being yourself,
you put something
wonderful in the world
that was not there before.

-Edwin Elliot



HealthyPlace.com

BREATHE.



If you're dealing with anxiety,
be gentle with yourself.
It takes strength to pull yourself
out of an anxiety attack.
If you've done that today
(or any day)
be proud of yourself.

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**You are more than
the mistakes you've made.**

**You are the wisdom, love, strength
and compassion you've gained
from all you've been through.**

Karen Salmansohn

SMILE

Let everyone know
that today, you're a
lot stronger than
you were yesterday.



One of the happiest
moments in life is
when you find the
courage to let go of
what you can't change.

Gabrielle Davis
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