

Journey of Life: YOU ARE WORTHY

Do not undermine your worth by comparing yourself with others. It is because we are different that each of us is special.

Do not set your goals by what other people deem important. Only you what is best for you.

Do not take for granted the things closest to your heart. Cling to them as you would your life, for without them life is meaningless.

Do not let your life slip through your fingers by living in the past nor for the future. By living your life one day at a time, you live all of the days of your life.

Do not give up when you still have something to give. Nothing is really over until the moment you stop trying. It is a fragile thread that binds us to each other.

Do not be afraid to encounter risks. It is by taking chances that we learn how to be brave.

Do not shut love out of your life by saying it is impossible to find. The quickest way to receive love is to give love. The fastest way to lose love is to hold it too tightly. In addition, the best way to keep love is to give it wings.

Do not dismiss your dreams. To be without dreams is to be without hope. To be without hope is to be without purpose.

Do not run through life so fast that you forget not only where you have been, but also where you are going. Life is not a race, it is a journey to be savored each step of the way.

Do not ever be reluctant to show your feelings, when you're happy give into it. When you're not, live with it.

Do not ever be afraid to try to make things better, you might be surprised at the results.

Do not ever take the weight of the world on your shoulders.

Do not ever felt threatened by the future, take life one day at a time. Do not ever feel guilty of the past, what's done is done.

Learn from any mistakes you might have made.

Do not ever feel that you are alone, there is always somebody there for you to reach out to.

Do not ever forget that you can achieve so many of the things you can imagine, imagine that! It's not as hard as it seems.

Do not ever stop loving, do not ever stop believing, do not ever stop dreaming your dreams.

And do not ever forget...

For even a day...

HOW VERY SPECIAL YOU ARE.

Do more than exist, LIVE!

Do more than touch, FEEL!

Do more than look, OBSERVE!

Do more than read, ABSORB!

Do more than hear, LISTEN!

DO more than listen, UNDERSTAND!

Do more than think, PONDER!

Do more than talk, SAY SOMETHING!