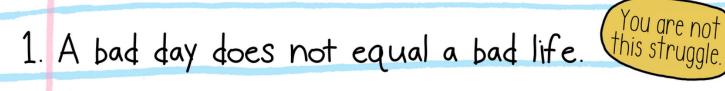
## REMINDERS FOR HARD DAYS ►WHOLEHearted

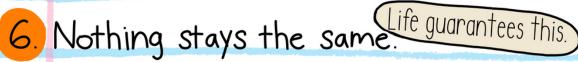




- 2.) Not all thoughts are true. Phew.
- 3. Feelings are not facts. real, and allowed.
- 4. The only way out is through. DARNIT.







7. You can't be everything to everyone (But you can be true to yourself.)

- 8. Be gentle with yourself. And trust your inner voice, strength, and resilience.
- 9. You're not alone. It's okay to ask for help.
- 10. Focus on the things you can control. Let go of the rest. This is easier said than done.