

Glimpse into Motivation

Monday – BREATHE – week 20



Allow yourself the frustration, the anger, the sadness, the
fear, the loneliness.

Allow yourself the hope, the prayer, the optimism, the
expectation, the aspiration.

Know that you are not alone in this fight, and if you keep
strong, no matter how empty you feel, something good will
come. There is no other option. Giving up will not bring
happiness.

You are strong. You are loved.

You can make it.