

The end is near.

May this year be a great one for you. Cheers!



HAPPY NEW YEAR!



as the year comes to an end, here are some positive notes to begin 2022. Keep these in mind and as a reminder for the year.

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Rest.
Reset.
Restart.
Refocus.
As many times
as you need to.

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The minute you decide
you want better for yourself
is the minute everything
begins to shift your way.

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Never be embarrassed to struggle. There is absolutely no shame in working hard to get to where you want to be.

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The only person you should ever compare yourself to is the person you used to be in the past. Keep moving forward, babe. You're killing it.

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Note to self: You gotta do
this for you. This is for you.
This isn't about anybody.
Never lose sight of that.

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**Celebrate yourself. Nobody
knows what it takes to be you.**

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Always be grateful
for what you have but
never stop working
for what you want.

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Fall in love with the
process of becoming the
very best version of yourself.

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Prioritize your peace. Practice being calm when you feel like you're being challenged or tested. Overreacting only creates regret. Take a few hours or days for things to clear out. Be emotionally intelligent so you can be in the right state of mind to make better choices.

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