Daily Thoughts and Inspirations

by Linda H. Robinson Winter Haven High School 2019-2020



Age is irrelevant. Ask me how many trips I've taken, sunsets l've seen, laughs l've shared, concerts I've been to, bedtime stories I've read, and people I've loved. That's how old I am.



You'll Hear Rumors That I'm Crazy....

Believe Them...

NOTICE TO ALL STUDENTS

Leave the excuses at the door.

If you didn't do your home work, just admit it.

If you didn't understand the assignment, ask for help.

If you didn't study for the test, accept the grade and resolve to do better (with my help if necessary) next time.

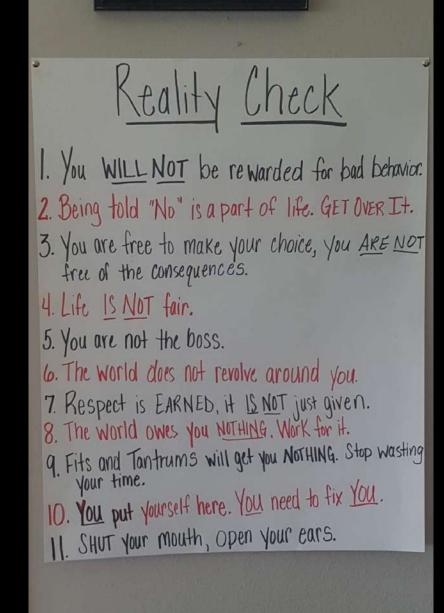
If you refuse to follow my rules, accept the consequences.

This is not a democracy.

This is MY classroom: and I'm here for one reason and one reason only:

TO TEACH YOU TO INSPIRE YOU TO HELP YOU GROW

I'll do my part. The rest is up to you.



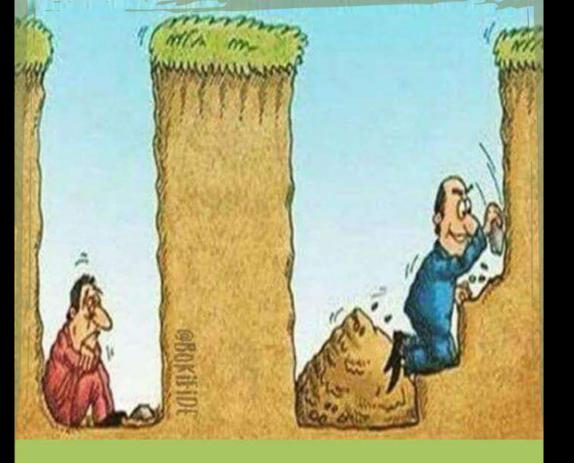


10 THINGS THAT REQUIRE) ZERD TALENT 1) BEING ON TIME 6) PASSION 7) DOING EXTRA 2) WORK ETHIL 8) BEING PREPARES 3) EFFORT 9) BEING COACHABLE 4) ENERLY ST BODY LANGUAGE 10) ATTITUDE

Someone Else's Decisions Death Who Likes Me How Others Others Taking Care of Themselves Treat Me nat I can't control Others Being Kind Who what I can control Skin Loves Color Me Doing my Homework Respecting Property Being Kind Being Accountable Studying for Tests The Friends I Choose to Have My Decisions Forgiving How I Respond to Challenges Trying Again How I Spend My Free Time Doing My Chores Taking Care of Myself Working Hard Asking for Help Past How I Respond to Others Others Mistakes 🧠 Apologizing Apologizing Others Being to Me Honest If Someone Else Keeps Trying Weather Others Forgiving Me Others Asking for Help

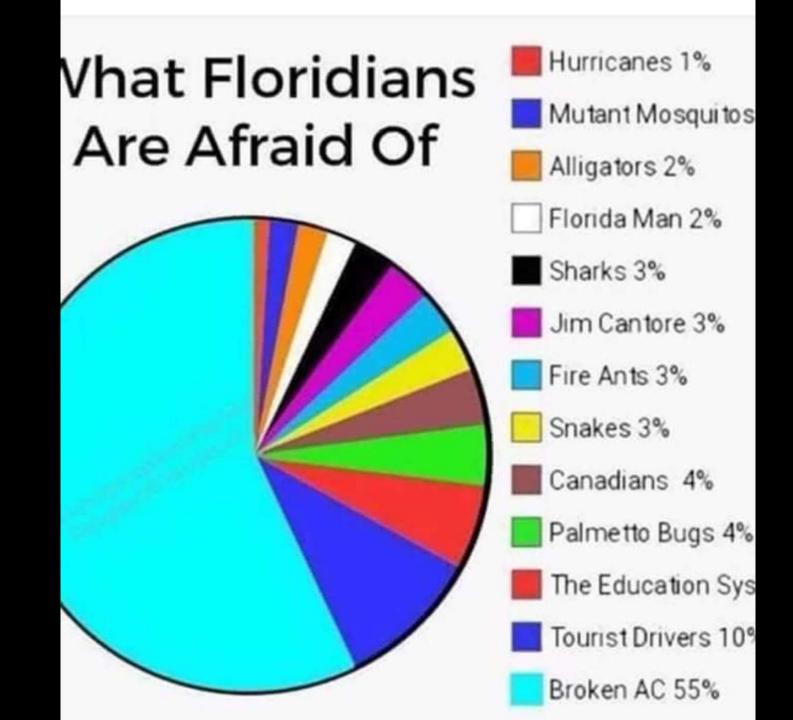


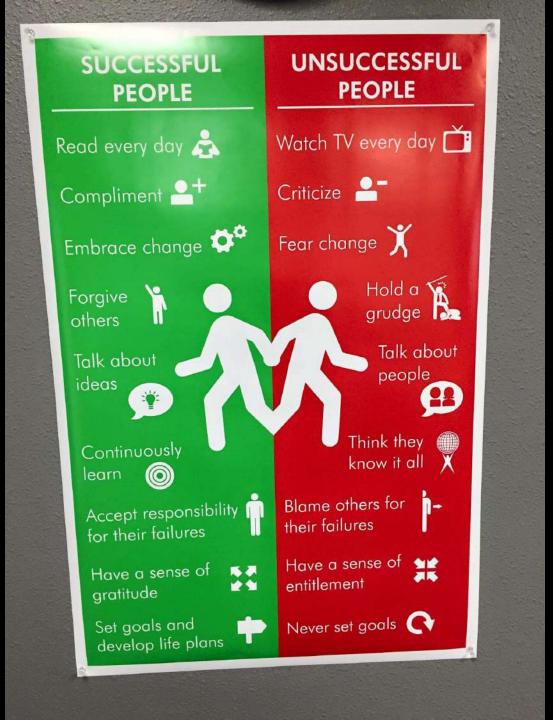
Your career is what you're paid for, Your calling is what you're made for.



This is about the two choices life gives every person; either you sit, sulk and dwell on how unfair life is to you, or you could try and figure out how to make the bad situation work in your favor.

Cure Toy-

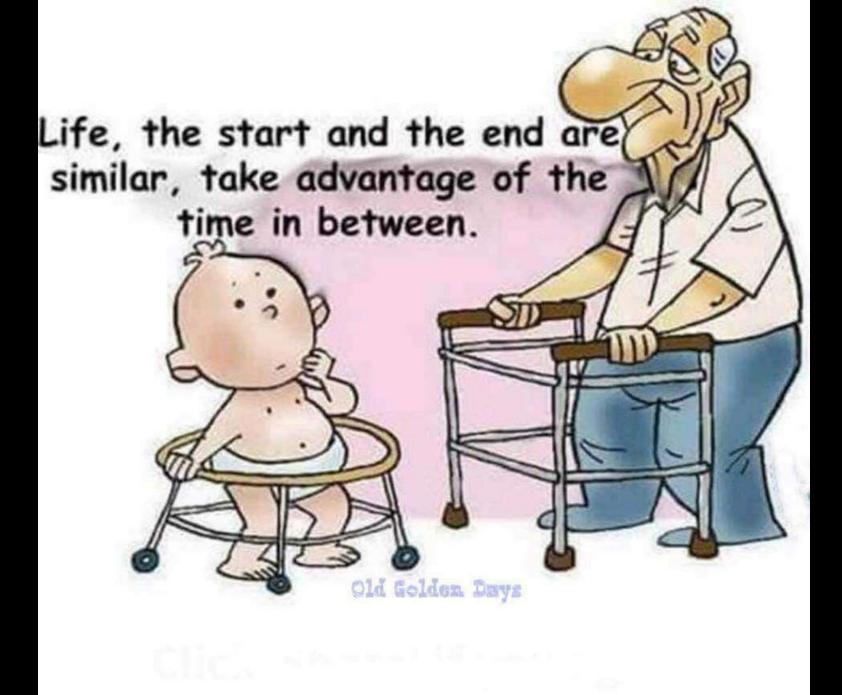




Love the people God gave you Because He will need them back One day.

WHAT WOULD YOU DO IF YOU WOKE UP TOMORROW MORNING AND ALL YOU HAD IS WHAT YOU THANKED GOD FOR YESTERDAYI!!







Rest Your Mind

I know you have been laying awake at night wondering why baby diapers have brand names such as "Luvs", "Huggies," and "Pampers', while undergarments for old people are called"Depends".

Well here is the low down on the whole thing.

When babies crap in their pants, people are still gonna Luv'em, Hug'em and Pamper' em. When old people crap in their pants, it "Depends" on who's in the will!

Glad I got that straightened out so you can rest your mind.

If I ever use "there" instead of "their" and "your" instead of "you're" in the same post, I've been kidnapped and am signalling for help.





I didn't grow up having role models, I grew up having people I didn't want to be like and seeing situations I'd never want to be in. Not all of us are dealt the right cards but that doesn't mean you cant reshuffle your deck for a better outcome.

Bachelors Degree in Philosophy

COLLEGE

100K student debt

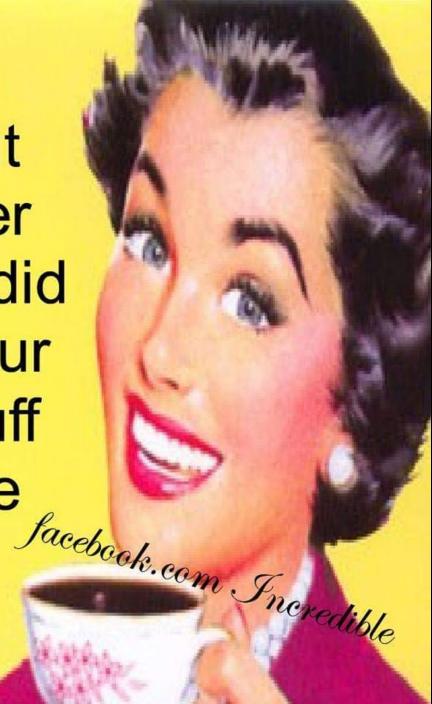
Can't find a Philosopher job

Believes people without college degrees are stupid 4 year paid apprenticeship

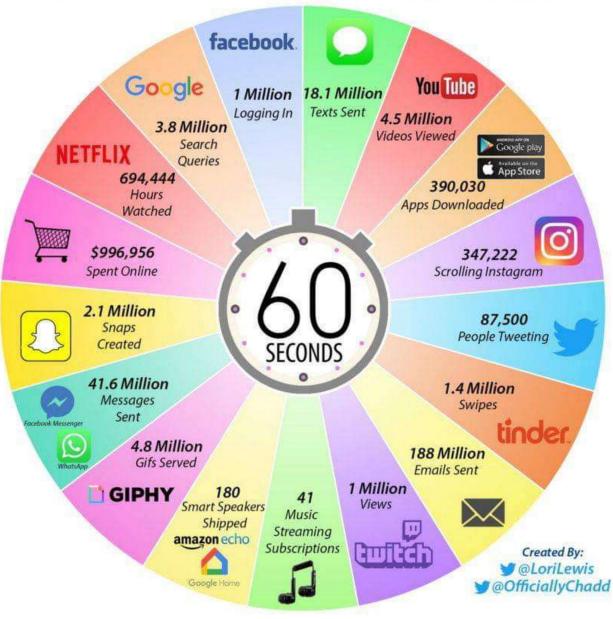
OK student debt

Earns 80K annually

Disconnected Jim's electricity for non-payment The best part about being over 40 is we did most of our stupid stuff before the internet!



2019 This Is What Happens In An Internet Minute



It's time for Fall in the South

Pumpkins Mosquitoes Humidity Flip Flops Shorts

Okay, so its basically summer, but with pumpkins.

If you ever fall over in public, pick yourself up and say "sorryit's been a while since linhabited a body." And just walk away.

IF YOU NEED TO CALL 911 BUT ARE SCARED TO BECAUSE OF SOMEONE IN THE ROOM

dial and ask for a pepperoni pizza. They will ask if you know you're calling 911. Say yes, and continue pretending you're making an order. They'll ask if there's someone in the room. You can ask how long it will take for the pizza to get to you, and they will tell you how far away a patrol unit is. Share this to save a life!!! Dispatchers are trained to ask specific yes or no questions..dont hang up!

Students: don't EVER allow anyone to convince you that a vocation/trade/CTE is somehow "less than." It's NOT. We NEED trades. Be that welder, LPN, HVAC, machinist...anyone who suggests this unfortunately doesn't understand the big picture.



Welcome to Myrtle Beach

When It's Hot Please Dress For the Body You have, Not the body you want. Thanks



Being rude is easy. It does not take any effort and is a sign of weakness and insecurity. Kindness shows great self-discipline and strong self-esteem. Being kind is not always easy when dealing with rude people. Kindness is a sign of a person who has done a lot of personal work and has come to a great self-understanding and wisdom. Choose to be kind over being right, and you'll be right every time because kindness is a sign of STRENGTH. Attitude to Inspiration

Don't wash your hair in the

shower

(It's so good to finally get a health warning that is useful)

IT INVOLVES THE SHAMPOO WHEN IT RUNS DOWN YOUR BODY WHEN YOU SHOWER WITH IT A WARNING TO US ALL!!!

I don't know WHY I didn't figure this out sooner! I use shampoo in the shower! When I wash my hair,

the shampoo runs down my whole body, and printed

very clearly on the shampoo label is this warning,

"FOR EXTRA BODY AND VOLUME."

No wonder I have been gaining weight! Well, I got rid of that shampoo and I am going to start showering with Dawn dishwashing soap instead. Its label reads, "DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE."

Problem solved! If I don't answer the phone I'll be in the shower!!!

"YOUR MIND IS A GARDEN, YOUR **THOUGHTS ARE** THE SEEDS, YOU CAN GROW FLOWERS... **OR WEEDS**"

- UNKNOWN

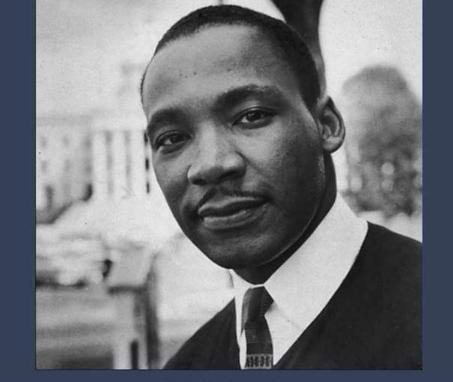
FOCUSON whal-YOUWANT NOTON YOUFEAR

If you need something to believe in....

...start with yourself.

This too shall pass. It may pass like a kidney stone, but it will pass. BE THE WOMAN THAT FIXES ANOTHER WOMANS CROWN WITHOUT TELLING THE WORLD IT WAS CROOKED **W** S R





Inspirational Quotes Guru

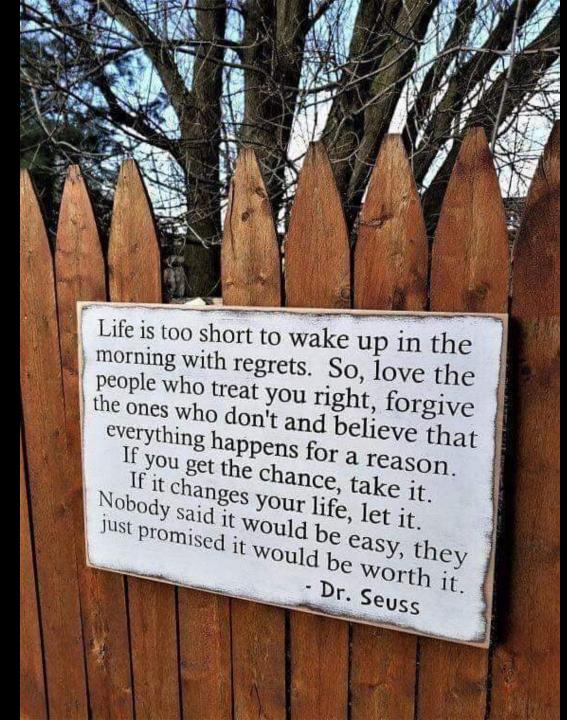
We need leaders not in love with money but in love with justice. Not in love with publicity but in love with humanity.

~ Martin Luther King

When someone lends you money, it doesn't mean they have a lot. It means they thought you needed it more than them... So learn to return people's money with the same energy and smile you borrowed it With



No one notices your Tears, No one notices your Sadness, No one notices your Pain, but they all notice your Mistakes.



Be yourself no matter what. Some will adore you and some will hate everything about you. But who cares? It's your life. Make the most out of it.

@thestreetquotes



Last night the Internet stopped working so I spent a few hours with my family. They seem like good people.

- 1 Go to college.
- 2 Accumulate debt.
- 3 Pick stupid major.
- 4 Graduate with useless degree and no useful skills.
- 5 Pretend you're a victim.
- 6 Blame society.
- 7 Vote Democrat.

Merica.

I AM 25415. WITH A FINE ARTS DEGREE.

·NO JOB ·NO INSURANCE

ON FOODSTAMPS

AND \$20,000 IN COLLEGE DEST. I AM THE A bad attitude is like a flat tire. You can't go anywhere until you change it.

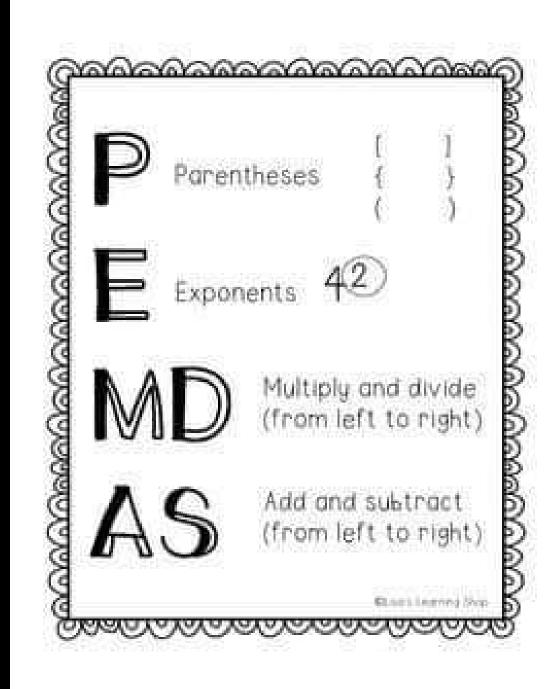


First, think. Second, believe. Third, dream. And finally, walt Disney Walt Disney

Reading gives us someplace to go when we have to stay where we are.

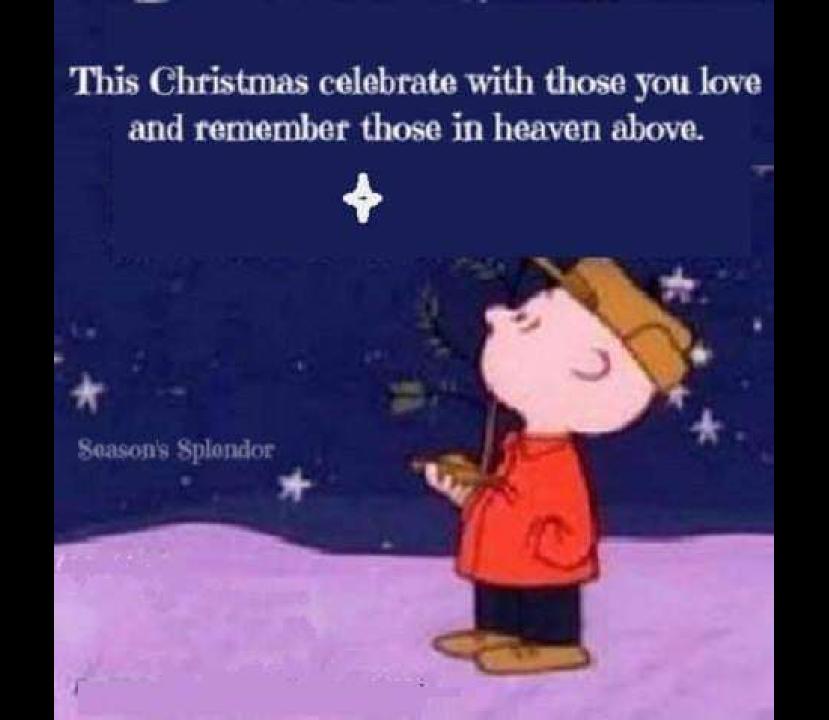
Mason Cooley





YOU SERIOUSLY HAVE NO **IDEA WHAT PEOPLE ARE** DEALING WITH IN THEIR PERSONAL LIFE. SO JUST BE NICE. IT'S THAT SIMPLE.

KitchenFunWithMy3Sons.com



Good things come to those who believe, better things come to those who are patient and the best things come to those who don't give up.

Next time someone gets upset with you for being 15 minutes late.

Remind them that we live in the South

The home of tornadoes, six types of venomous snakes, 100-degree temperatures, deadly spiders, insanely high humidity, alligators, hurricanes, sharks, and a plant called kudzu that will swallow you up if you're not looking.

So, forget being late. It's a miracle we're even alive.



Today I found out that If you treat others how they treat you... They seem to get very upset.

It's okay if you fall apart sometimes. Tacos fall apart and we still love them





This year has almost gone. Not all our friends and family made it. Never take for granted the people you love.



A Public Service Announcement from Walmart

Save money. Live better.

Due to Extreme Cold Weather We Highly Recommend All of Our Shoppers Wear <u>Two</u> Pairs of Pajama Bottoms When Shopping at Our Stores.

Thank You!

You Do Not Have To Go To College to make a good living

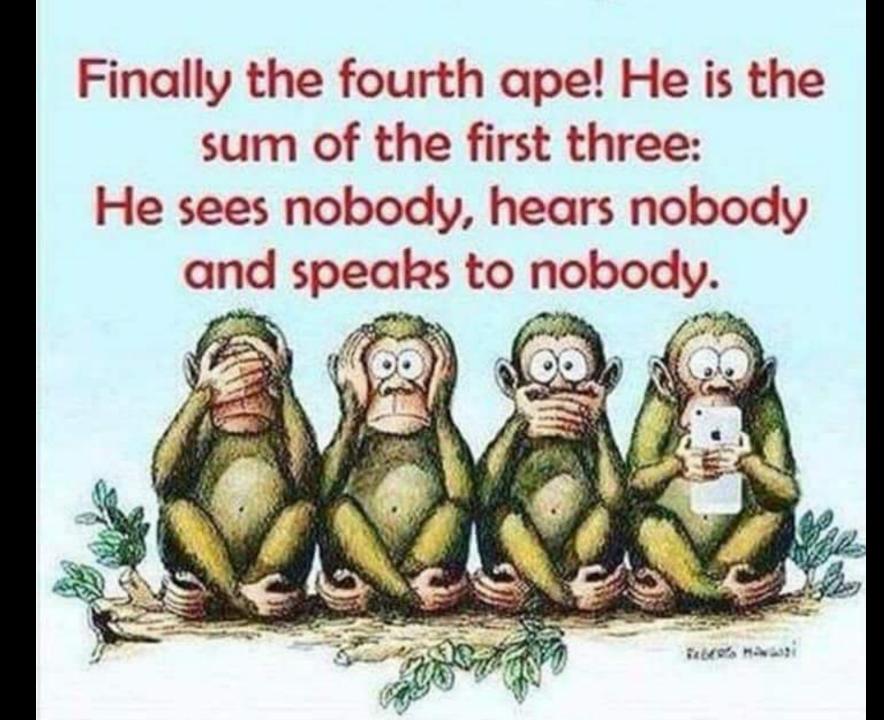
you can do something meaningful that contributes and helps ************************

Plumber 27.96 - 45.48 Crane Operator 27.96 - 41.98 Wind Turbines 27.04 - 38.78 Commercial Driver 25.96 - 37.59 Heavy Equip Mech 25.66 - 36.83 **HVAC** Tech 24.58 - 39.78

Auto Body Repair 22.34 - 34.66 Welder 21.33 - 30.74 Carpenter 16.00 - 52.00 Auto Mechanic 21.02 - 32.19 **Commercial Diver** 25.96 - 37.59 While everyone else wastes their \$\$ Enroll in a trade school Happiness is a choice, not a result. Nothing will make you happy until you choose to be happy.

RALPH MARSTON





In the end, people will judge you anyway, so don't live your life impressing others — live your life impressing yourself. - Eunice Camacho Infante

A special friend is hard to find, hard to lose, and impossible to forget. **True friends are** never apart, maybe by distance but not by the heart.

> Love Myself Do You?

@ PeacefulMindPeacefulLife

Don't be afraid to start over. This time you're not starting from scratch, you're starting from experience.

— U N K N O W N

Always remember... Rumors are carried by haters, spread by fools, and accepted by idiots.

Sometimes when the people you love hurt you the most, it's better to stay quiet because if your love wasn't enough... Do you think your words will matter?

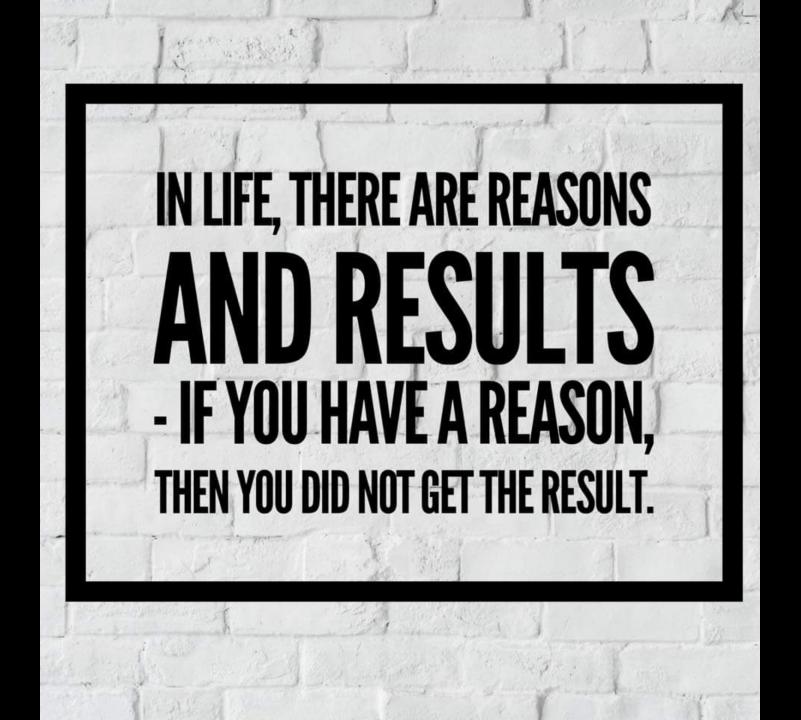
SIMPLE LIFE

Choose Joy !

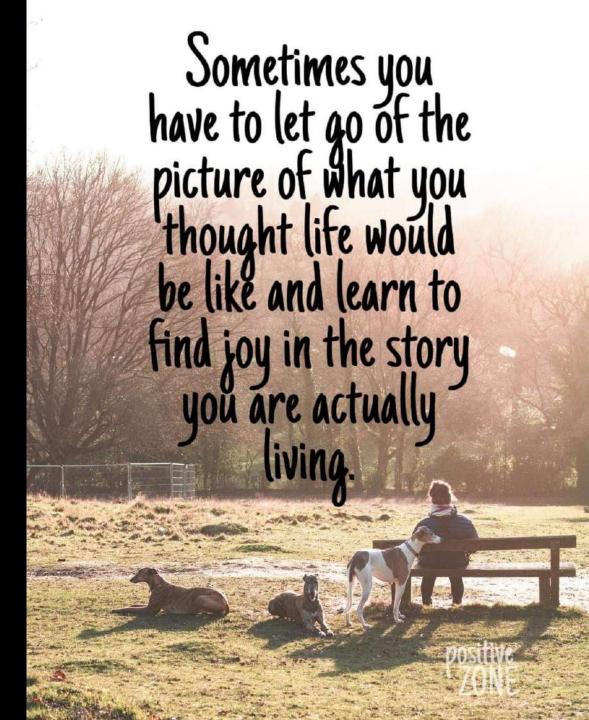
Don't wait for things to get easier, simpler, better. Life will always be complicated. Learn to be happy right now. Otherwise, you'll run out of time.

Be careful what you tolerate, you are teaching people how to treat you.

1997



Things to remember you don't have to be perfect Having a bad day is ok Small steps are also progress Asking for help is strenght People love and appreciate you



One of the truest signs of maturity is the ability to disagree with someone while still remaining respectful.

Diply FACTS!!!



Image Credit: cheatsheet

Movie theatre popcorn is sold at a 1275% markup.

The Bathtub Test

During a visit to the mental asylum, I asked the director how do You determine whether or not a patient should be institutionalized.

"Well," said the director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub..."

"Oh, I understand," I said. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No." said the director, "A normal person would pull the plug. Do you want a bed near the window?"

ARE YOU GOING TO SHARE THIS, OR DO YOU WANT THE BED NEXT TO MINE??



DON'T SAY SOMETHING PERMANENTLY STUPID BECAUSE YOU ARE TEMPORARILY UPSET

TOBY MAC #SPEAKLIFE

When you're single and people tell you there's plenty of fish in the sea but your inbox looks like:



The world is changed by your example not by your opinion.

-PAUL COELHO

Try to remember, the greener grass across the fence may be due to a septic tank issue.

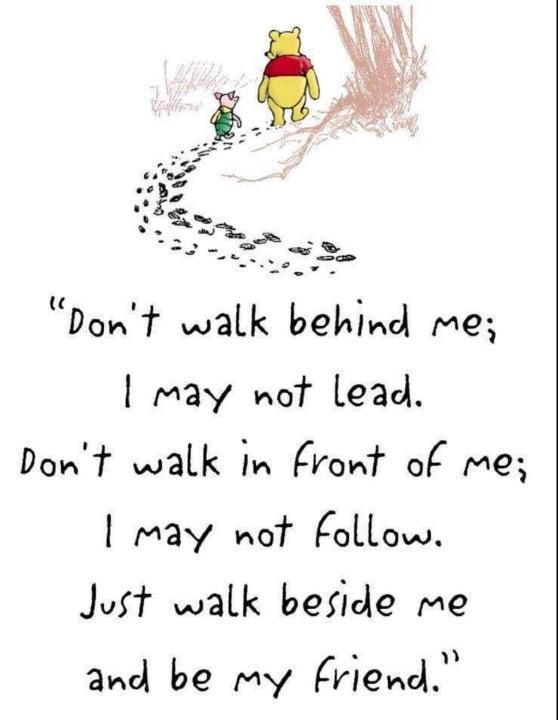
You are holding a cup of coffee when someone comes along and bumps into you, making you spill your coffee everywhere. Why did you spill the coffee? You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. The point is whatever is inside the cup, is what will spill out. Therefore, when life comes along and shakes you (which will happen), whatever is inside you will come out. It's easy to fake it, until you get rattled. So, we have to ask ourselves, "What's in my cup?" When life gets tough, what spills out? Joy, gratefulness, peace and humility? Or does anger, bitterness, harsh words and reactions come out? You choose! Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, kindness, gentleness and love for others.

Saw a store that has a sign that reads, "We treat you like family!"

Yup, NOT going in there.

Don't stress about your eyesight failing you as you grow older. * It's nature's way 🔆 of protecting you from shock as you walk past the mirror





DREAMS DON'T WORK UNLESS YOU DO.

Ziglar.com

Strong women don't play victim, don't make themselves look pitiful, and don't point fingers. They stand and they deal.

-Mandy Hale



PEOPLE ARE EXCITED **ABOUT THE NEW IPHONE BUT NO ONE HAS CAUGHT UP WITH THE AWESOME TECHNOLOGY OF USING YOUR BLINKER WHEN YOU DRIVE.**

The more you are in a state of gratitude, the more you will attract things to be grateful for. Jack Canfield

GratitudeHabitat.com

Stopped by a roadside stand that said lobster tails \$2. I paid my \$2. and he says, once upon a time there was this lobster....

A lie doesn't become truth, wrong doesn't become right, and evil doesn't become good, just because it's accepted by a majority.

Booker T. Washington

Anyone can find the dirt in someone. Be the one who finds the gold.



Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

You gotta look for the good in the bad, the happy in your sad, the gain in your pain, and what makes you grateful not hateful.

KAREN SALMANSOHN



Nurse came in and said Doc, there's a man in the waiting room who thinks he's invisible, what should i tell him? The doctor said Tell him I can't see him today.



"Life is good! It is precious. It is a great blessing. Even on its worst days. And in its deepest valleys you must remember the view from its highest mountains. You must not forget that happiness is a matter of perspective, not circumstance."

Everyone makes mistakes in life, but that doesn't mean they have to pay for them the rest of their life. Sometimes good people make bad choices. It doesn't mean they're bad...

At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

– Albert Schweitzer

When you realize you've been doing something wrong your entire life

@alienwithnojob



Yes I do call people Sweetie, **Darling**, **Baby** and Honey. No I'm not flirting. I'm from the South, that's just how we talk.

When you do people wrong it will come back to you.. It might not be today or tomorrow, but it's coming 100100



Lucky are those who find a true loyal friend in this fake world.

TheLessonTaughtByAge

Sometimes the strongest among us are the ones who smile through silent pain, cry behind closed doors, and fight battles nobody knows about.

WHEN I GROW UP I'D LIKE TO BE A **RETIRED LOTTERY** WINNER.

A simple good morning, have a great day or I love you, goes a long way... So I'm sending you all three.







learn to be thankful for what you already have, while you pursue all that you want.

To all the people who are loving and kind to me, thank you for the sunshine you bring into my life. Brigitte Nicole

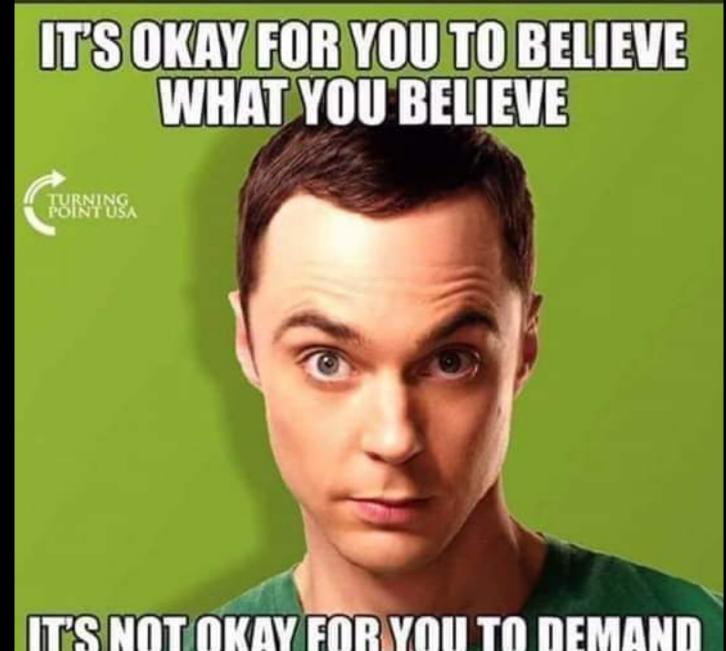


No matter how educated, talented, rich or cool you believe you are, how you treat people ultimately tells all. Integrity is everything.

It's scary to think that one day we're going to have to live without our mother or father or brother or husband or wife. Or that one day we're going to have to walk this earth without our best friend by our side, or them without us. Appreciate your loved ones while you can, because none of us are going to be here forever.

Beauty of Life

Addiction isn't about alcohol and drugs. It's the absence of self. This absence is described as a hole in your soul. You can't love others when you're empty inside. Recovery peels back the painful layers and heals that hole through connection, honesty and hard work. To love one self is the beginning of a lifetime recovery.



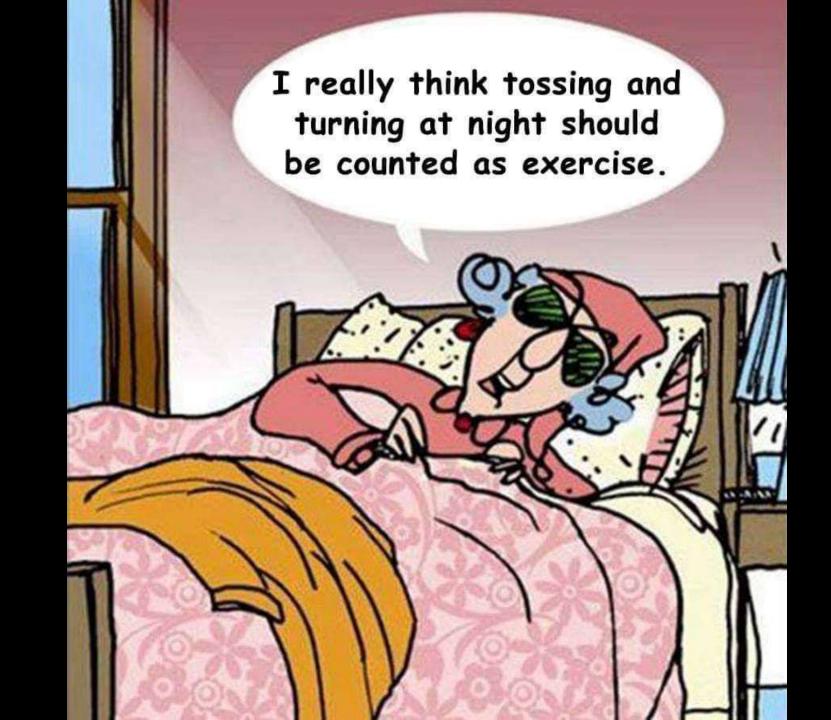
IT'S NOT OKAY FOR YOU TO DEMAND OTHERS BELIEVE WHAT YOU BELIEVE

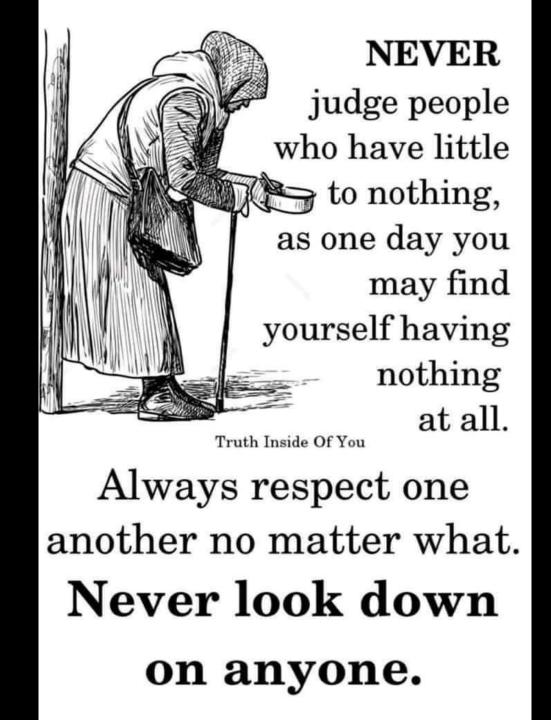


I was going to complain about the heat today, **BUT then I realized....** It isn't 120 degrees I'm not 5,700 miles from home I'm not dressed in full uniform I'm not carrying 70+ lbs of gear There is little chance of me driving over a bomb today THANKS to all those that serve!

Tip your server. Return your shopping cart. Pick up a piece of trash. Hold the door for the person behind you. Let someone into your lane. Small acts can have a ripple effect. That's how we change the world.







People don't always say "I love you." Sometimes it sounds more like:

Did you eat? Call me when you get home. Be safe. I made you this.

There's a difference: Armed Forces Day (3rd Sat of May): for those who currently wear the uniform. erans Day (Nov IF"): for those who used to wear the uniform. MEMORIAL DAY (last Mon. of May) for those who never made it out of uniform.

HAPPINESS CANNOT BE TRAVELED TO, OWNED, EARNED, WORN OR CONSUMED. HAPPINESS IS THE SPIRITUAL EXPERIENCE OF LIVING EVERY MINUTE WITH LOVE, GRACE, & GRATITUDE.

DENIS WAITLEY

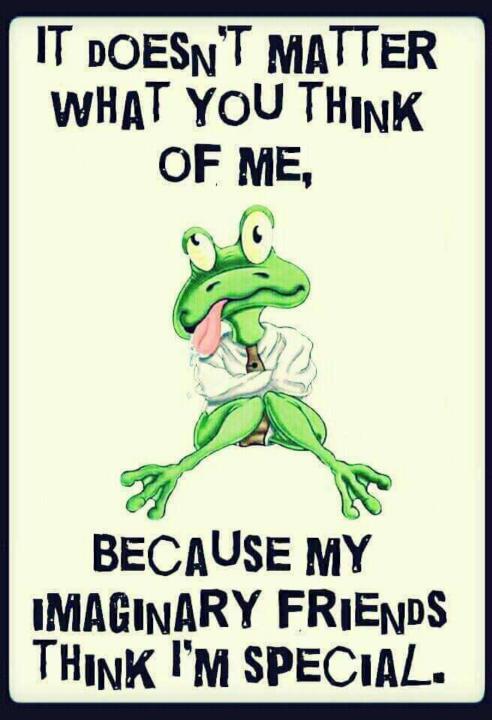
osierobinson.com

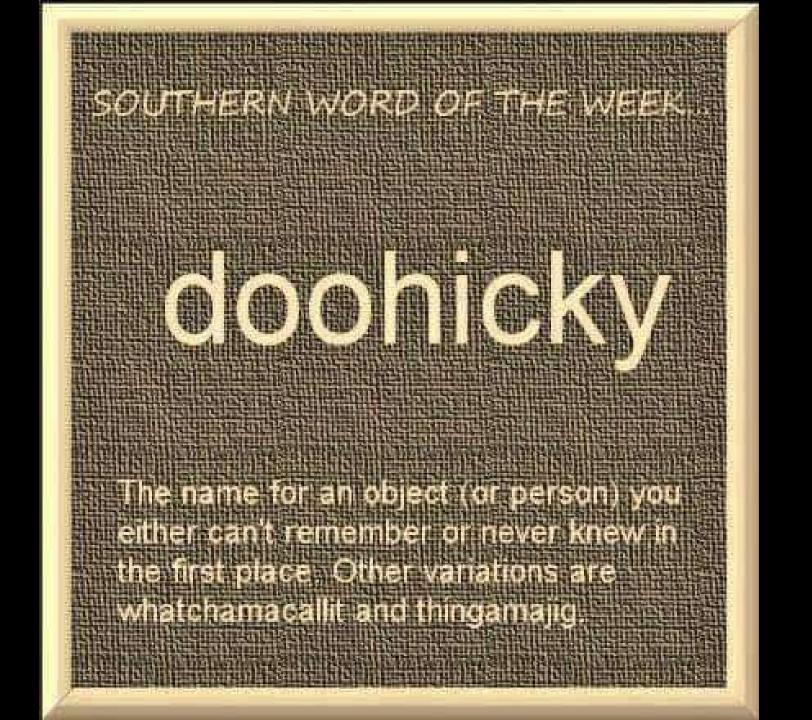
I'd rather have an enemy who admits they hate me, instead of a friend who secretly puts me down.





JUST BECAUSE YOU HAD A CRAPPIE CHILDHOOD DOES NOT MEAN YOU CAN USE IT AS AN EXCUSE TO BE A CRAPPIE HUMAN. WE ALL HAVE A CHOICE AS TO WHAT KIND OF PERSON WE ARE AND HOW WE TREAT OTHERS REGARDLESS OF OUR BACKGROUNDS AND THE CONDITIONS WE GROW UP IN.





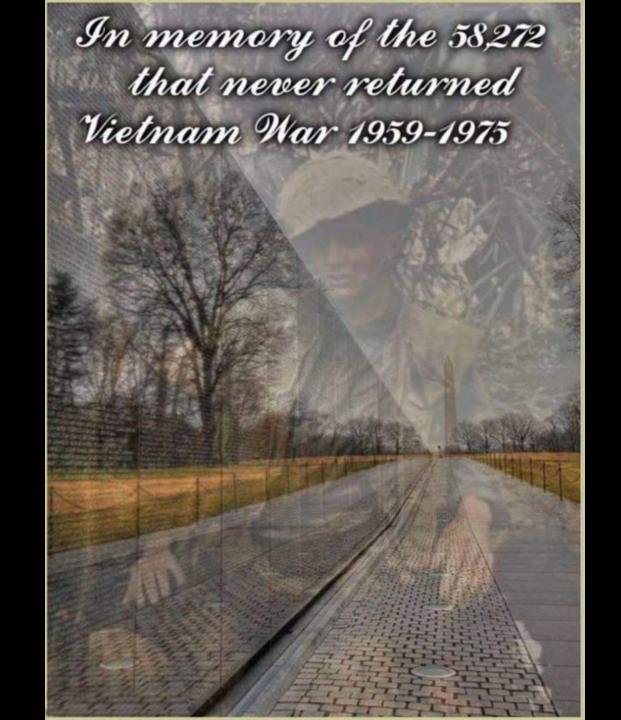
Mirror, mirror on the wall, it matters not if I'm short or tall. With skinny legs, or hips that are wide, it only matters who I am inside. Blue eyes, brown eyes, black or green, what makes me beautiful can't be seen. When you look at me, don't judge my parts, my greatest feature is my heart.

Pieces of Soul

If we could spread love as quickly as we spread hate and negativity, what an amazing world we would live in. Tip your server. Return your shopping cart. Pick up a piece of trash. Hold the door for the person behind you. Let someone into your lane. Small acts have a ripple effect. Thats how we change the world.



For those that don't want **ALEXA** listening in on your conversations they're making a male version...it doesn't listen to anything.



I HATE THAT MOMENT WHEN YOU ARE TIRED AND SLEEPY BUT AS SOON AS YOU GO TO BED YOUR BODY IS LIKE "JUST KIDDING". Doctors don't make you healthy. Teachers don't make you learn. Trainers don't make you fit. Coaches don't make you rich. At some point you have to understand that this life is 100% your responsibility.

I just thought of something...!

People who take care of chickens are literally chicken tenders!

....

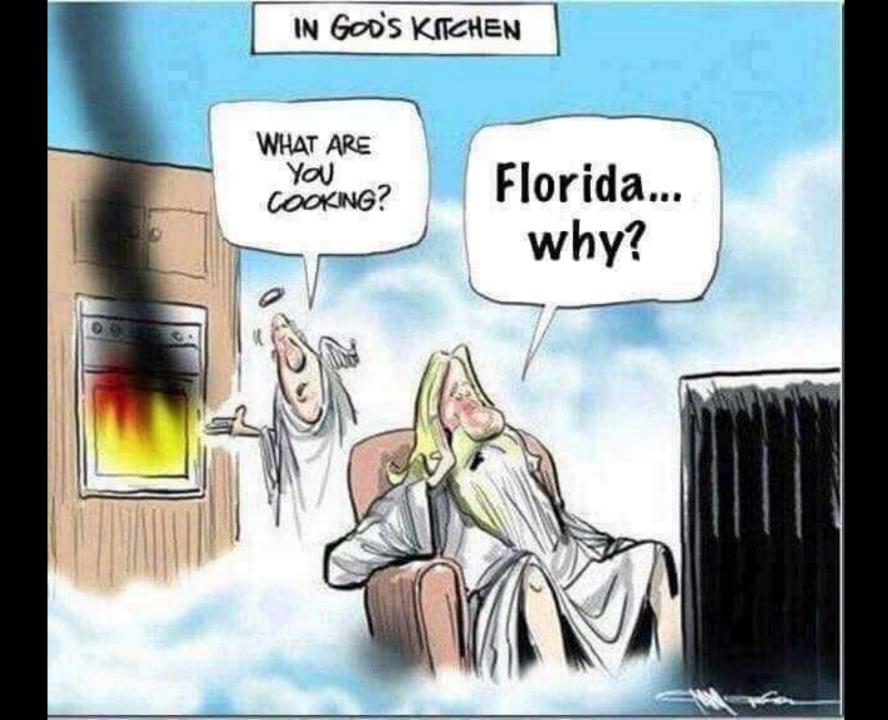
You ever wake up In the morning...

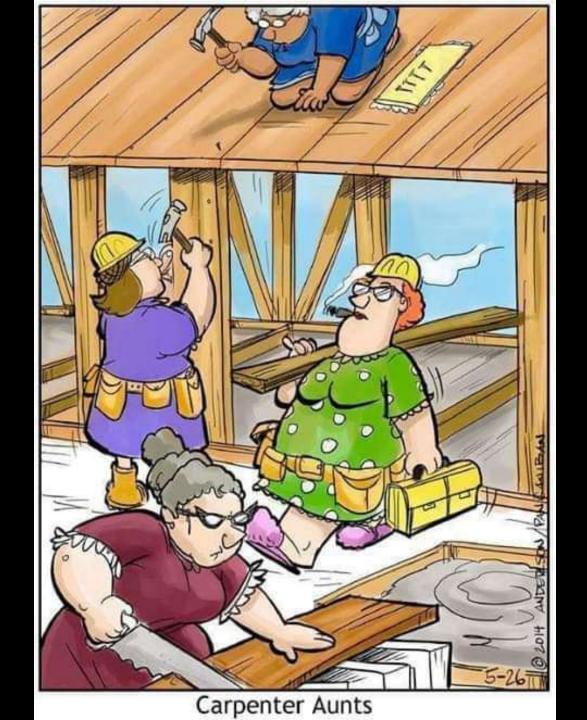
Look in the mirror and say "that can't Be right!" Maybe you went through it and survived just so you could help someone else make it through.

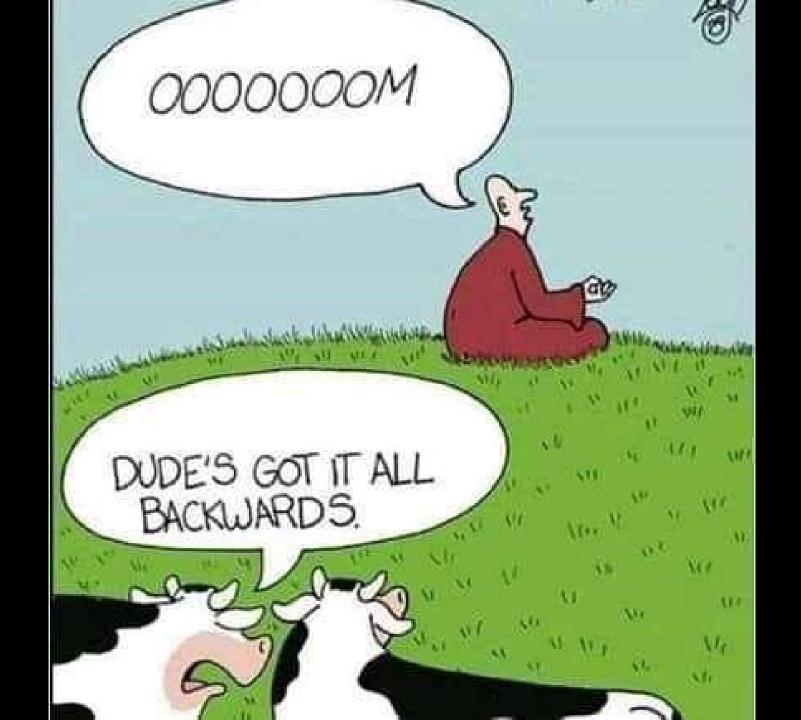
Wait for the one who simply adores you. The kind of person who brings out the best in you and makes you want to be a better person; the only person who will drop everything to be with you at any time no matter what the circumstances, for the person who makes you smile like no one else ever has. Wait for the person who wants to show you off to the world because they are so proud of you. And most of all, wait for the person who will make you a priority, because that's where you belong.

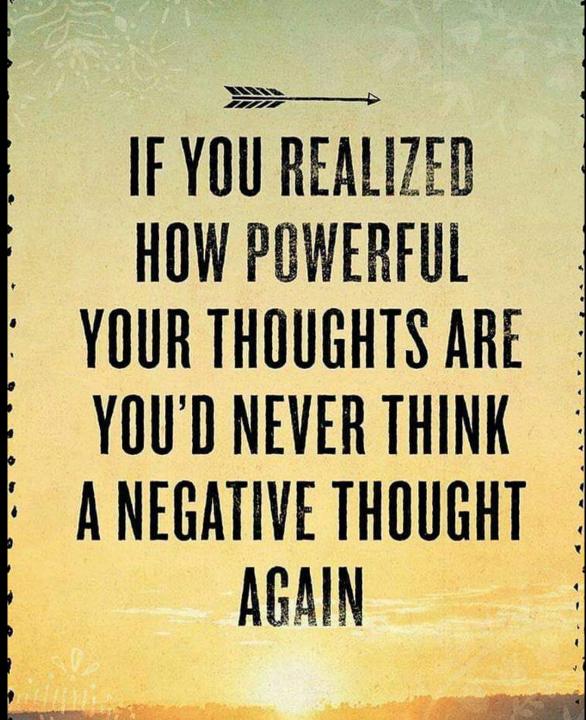


"Don't chase people. Be yourself, do your own thing and work hard. The right people -the ones who really belong in your lifewill come to you. And stay." ~Will Smith















I HAVE CDO IT'S LIKE OCD

BUT THE LETTERS ARE IN ALPHABETICAL ORDER AS IT SHOULD BE

You know you're officially lost when you turn down the car radio and take off your sunglasses

AS MUCH AS PEOPLE REFUSE TO BELIEVE IT. THE COMPANY YOU KEEP DOES HAVE AN AND INFLUENCE ON YOUR CHOICES.

Facebook.com/DrugTreatment

IF YOU ARE STRUGGLING TODAY, REMEMBER THIS:

You have survived everything you've gone through up to this point. The best day of your life is still yet to come.

There are still people you haven't met, and things you haven't experienced.

YOU CAN DO THIS.

unknown

Strong minds discuss ideas, average minds discuss events, weak minds discuss people.

Socrates

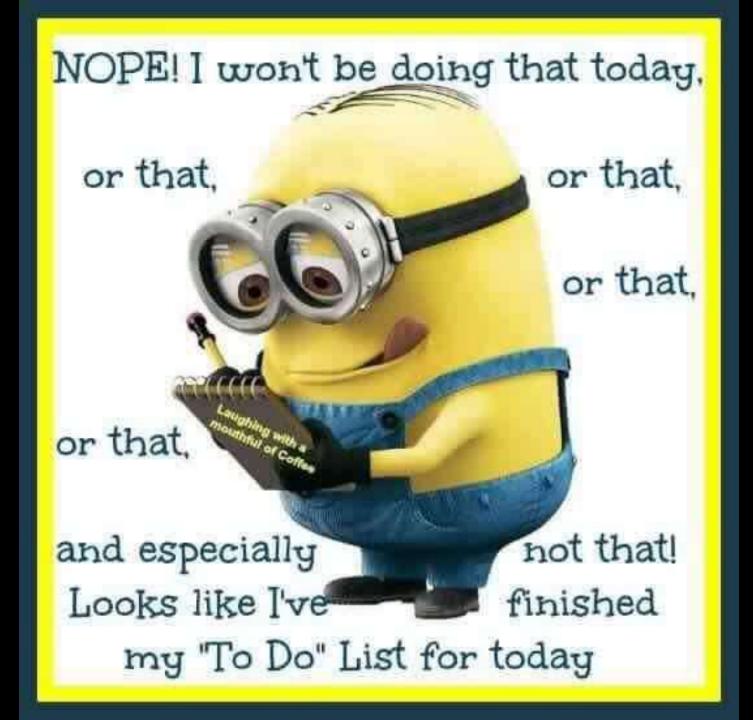
My mind is like my internet browser

At least 19 open tabs 3 of them are frozen

and I have no clue where the music is coming from Somebody didn't wake up today, but you did. That's enough reason to stop complaining, and that's enough to be thankful for. Never let your troubles blind you to your daily blessings.

-Trent Shelton







I SAW A GUY AT THE BEACH YELLING "HELP, SHARK! HELP!"

I JUST LAUGHED...I KNEW THE SHARK WASN'T GONNA HELP HIM



DON'T LET YOUR ICE CREAM MELT WHILE YOU'RE COUNTING **OTHER PEOPLE'S**

OTEACHMEMDS 7



KEEP CALM and be Crazy, laugh, love and live it up because this is the oldest you`ve been and the youngest you`ll ever be again.

and the second se

I DON'T CARE WHAT **PEOPLE THINK OF** ME, BECAUSE MOSQUITOES FIND ME REALLY ATTRACTIVE!

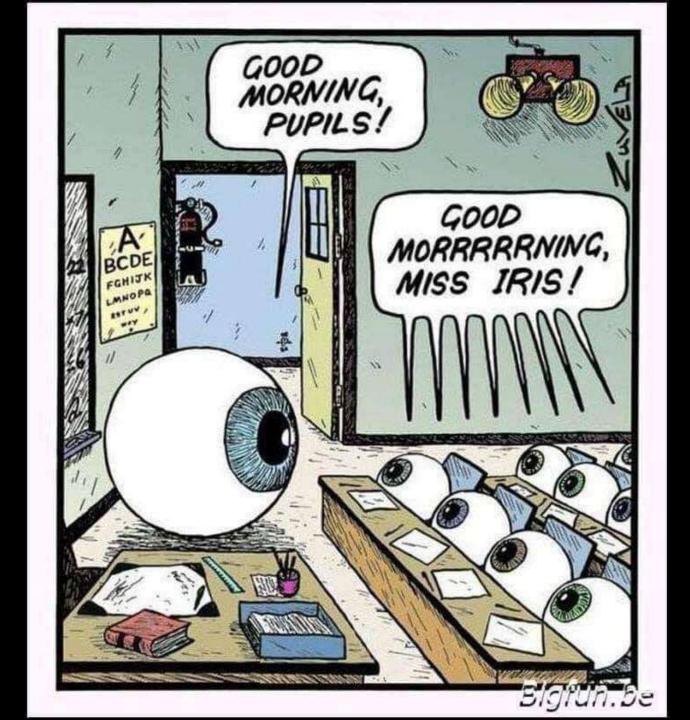
Cute n' Country

Wife; "I have blisters on my hands from the broom." Husband;

"next time take the car, silly."



Strangers can become best friends just as easy as best friends can become strangers.



Stop saying, "They didn't teach us that in school." Yes, they did. You were talking.



TO REFRIGERATE OR NOT TO REFRIGERATE		
REFRIGERATE	D	0 NOT REFRIGERATE
FRUITS Apricots Blackberries Blueberries Raspberries Strawberries Cherries Cut Fruits Figs Grapes 		FRUITS 1. Apples 2. Avocado 3. Bananas 4. Kiwi 5. Lemons 6. Mangoes 7. Oranges 8. Papayas 9. Peaches
 VEGGIES 1. Green Beans 2. Carrots 3. Radish 4. Cabbage 5. Cauliflower 6. Spinach 7. Celery 8. Broccoli 9. Cut Veggies 	Cure Joy-	 VEGGIES 1. Cucumbers 2. Eggplant 3. Garlic 4. Ginger 5. Peppers 6. Potatoes 7. Sweet potatoes 8. Tomatoes 9. Pumpkin



so it won't disturb your present.

2) What other people think of you is none of your business.

 Time heals almost everything. Give it time.

4) No one is in charge of your happiness. Except you.

5) Don't compare your life to others and don't judge them, you have no idea what their journey is all about. Tesh.com

1 READ SOMEWHERE THAT **BEING SARCASTIC** ON A REGULAR BASIS CAN ADD UP TO THREE YEARS TO YOUR LIFE. IF THAT'S TRUE. I'M GONNA LIVE FOREVER.

TIME-WASTERS YOU SHOULD AVOID PLUS a free checklist 01 | Constantly checking emails 02 Unnecessary meetings 03 | Having no time boundaries 04 | Multi-tasking 05 | Fear 06 | Indecisiveness Deciding on trivial tasks 07 08 | Distractions 09 | Inability to say "no" 10 | Having no system or action plan 11 Disorganization 12 Using tools inefficiently 13 Doing something inefficiently 14 | Doing everything yourself 15 | Comparing yourself to others 16 | Trying to please everyone 17 | Aiming for perfection 18 | Touching things twice 19 | False starts 20 | Repeating the same tasks 21 | Repeating the same mistake 22 | Continuing to do something that is no longer beneficial 23 | Constantly checking stats 24 | Spending too much time for entertainment 25 Poor health habits 26 | Neglecting rest 27 | Inefficient learning Implementing new systems 28 29 | Holding on to the past 30 | Lack of motivation 31 | Not having a goal

SOLUTIONS & FREE CHECKLIST

Head on over to ProductiveandFreecom to download the free checklist and learn tips on what you can do to maximize your time instead

you can't go back and change the beginning, but you can start where you are and change the ending. C.S. LEWIS

Before you marry someone, go sit in traffic with them for two hours.



Maybe the journey isn't so much about becoming anything. Maybe it's about un-becoming everything that isn't really you, so you can be who you were meant to be in the first place.

-Paulo Coelho



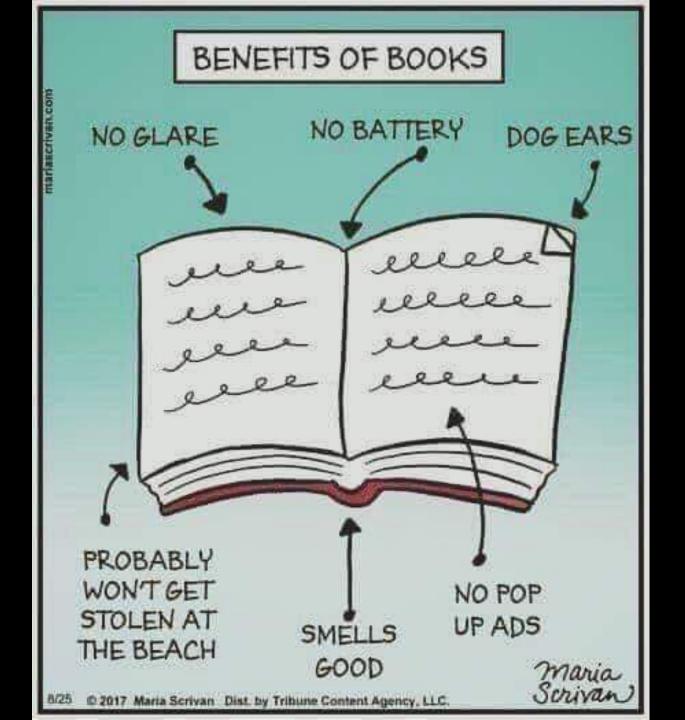
You either get bitter or you get better. It's that simple. You either take what has been dealt to you and allow it to make you a better person, or you allow it to tear you down. The choice does not belong to fate, it belongs to you.

BUR SAR We're ALL a Little Broken, But last Time I Checked, BROKEN CRAYONS STILL COLOR!

IMAGINE THIS:

If you had \$86,400 in your account and someone stole \$10 from you, would you be upset and throw all of the remaining \$86,390 away in hopes of getting back at the person who took your \$10? Or move on and live? Right, move on and live. See, we have 86,400 second each day. Don't let someone's negative 10 seconds ruin the remaining 86,390. Don't sweat the small stuff, life is bigger than that.

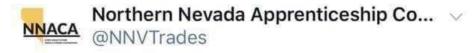
Keep your distance from people who will never admit they are wrong and always try to make you feel like it's your fault.



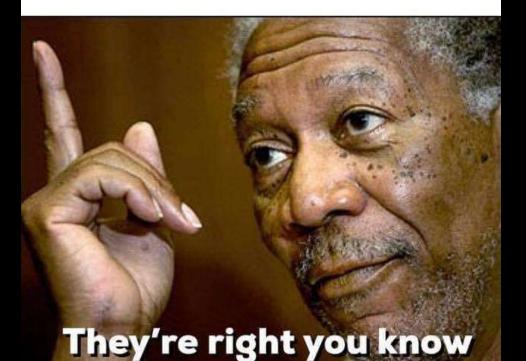
INFINTY

What do we learn from cows, buffalos and elephants??

It's impossible to reduce weight by eating green grass and salads and walking.



"Did you know that a registered apprenticeship in the building trades pays YOU to complete 3-5 years of onthe-job, college-level training? You'll graduate debt-free and earning more than most recent college grads."



Sometimes the greatest gift you can give another " person is to simply ()P include them

Never regret a day in your life: good days give happiness, bad days give experience, worst days give lessons, and best days give memories. Nobody has it easy. Everybody has issues. Life happens. You never know what people are going through. So, pause before you start judging, mocking or criticizing others. Everybody is fighting their own war.

WILD OBER'T HIS

If you think your teacher is tough, wait until you get a boss.

Bill Gates

You can't give your life more time, so give the time you have left, more life.

Sherry Take

If you're ever with me and someone comes up to me and starts talking and I don't introduce you, it's strictly because I don't remember their name. So please feel free to be awesome and introduce yourself so I can then hear said name and pretend I knew it all along.

"Hold the door, say please, say thank you. Don't steal, don't cheat, and don't lie. I know you got mountains to climb but always stay humble and kind." - Tim McGraw



Every time we turn our heads the other way when we see the law flouted, when we tolerate what we know to be wrong, when we close our eyes and ears to the corrupt because we are too busy or too frightened, when we fail to speak up and speak out, we strike a blow against freedom, decency and justice.

~ Robert F. Kennedy

A good life is when you smile often, dream big, laugh a lot and realize how blessed you are for what you have.

I'm So Old That

I have dialed a rotary phone, listened to music off an 8-track tape, watched a black and white TV with foil on the rabbit ear antennas, and went through a whole day without taking a picture of myself.

:

Just because you feel something, it doesn't mean you have to say it.



IF YOU DIDN'T HEAR IT WITH YOUR OWN EARS OR SEE IT WITH YOUR OWN EYES, DON'T INVENT IT WITH YOUR SMALL MIND AND SHARE IT WITH YOUR BIG MOUTH.



Walk away from people who put you down. Walk away from fights that will never be resolved. Walk away from trying to please people who will never see your worth.

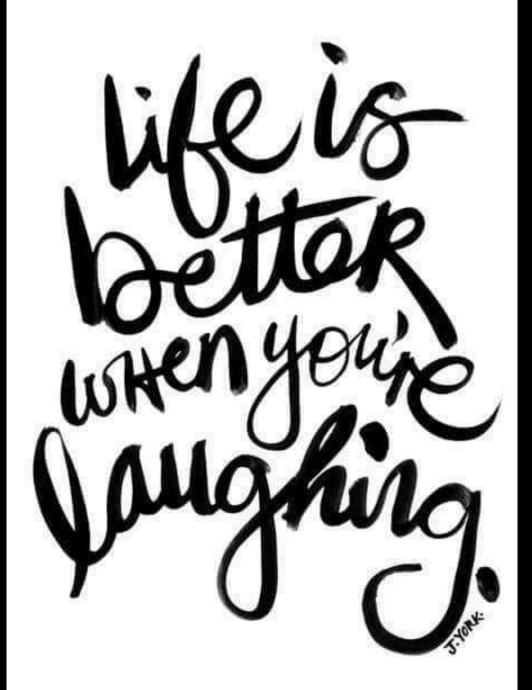
The more you walk away from things that poison your soul, the healthier you will be.

IF Plan A Didn't Work. The alphabet has 25 more letters! Stay Cool.

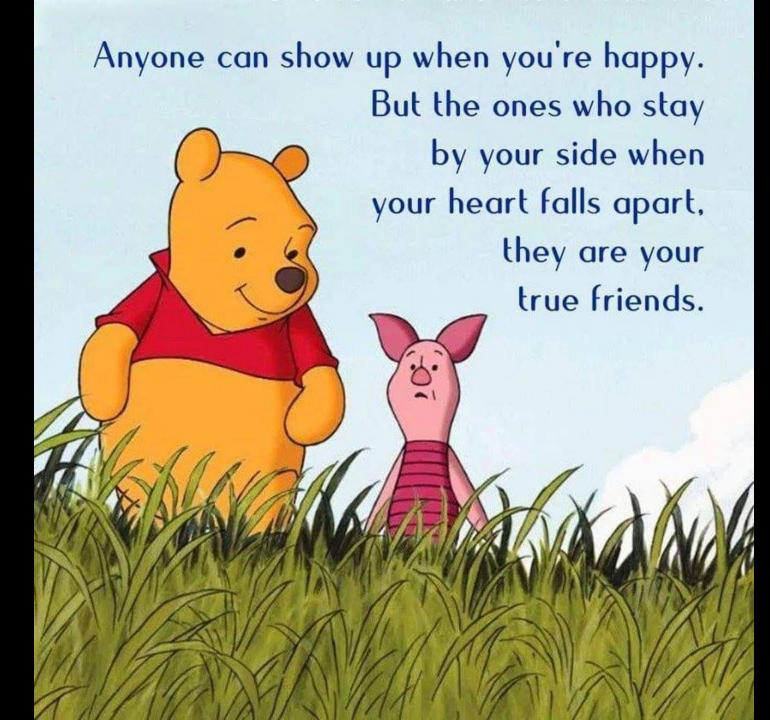
WEDNESDAY

it's almost, sorta, kind of, close to, just, about, nearly the weekend ... wohoo!

Being rude is easy. It does not take any effort and is a sign of weakness and insecurity. Kindness shows great self-discipline and strong self-esteem. Being kind is not always easy when dealing with rude people. Kindness is a sign of a person who has done a lot of personal work and has come to a great self-understanding and wisdom. Choose to be kind over being right, and you'll be right every time because kindness is a sign of STRENGTH. Attitude to Inspiration



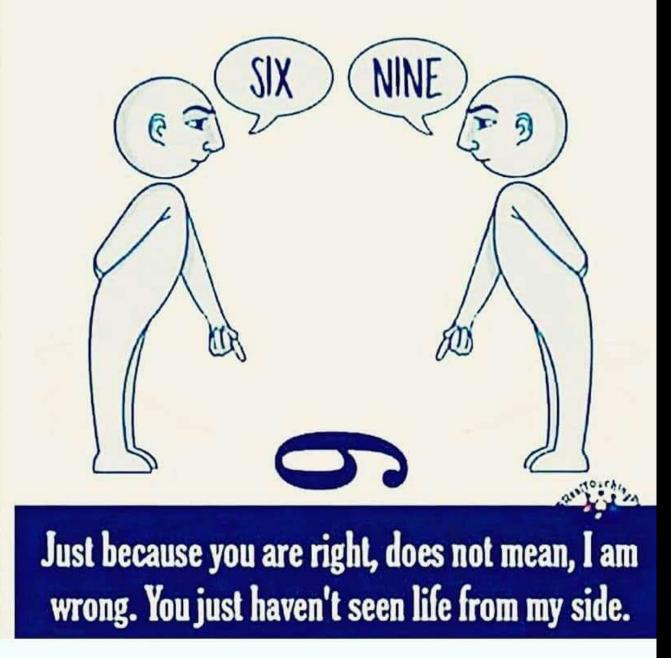
INHALE COURAGE EXHALE FEAR



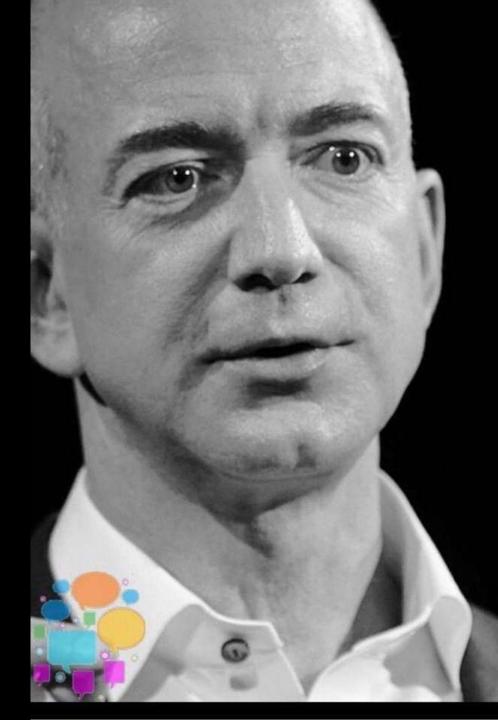
Only people who are not happy with themselves are mean to others

Remember that

This is one of the realist things I've read...



Enjoy the little things in life ... for one day you'll look back and realize they were the big things. Rebert Brauk



Your **brand** is what people say about you when you're not in the room - Jeff Bezos **CEO** Amazon



"Your smile is your logo, you personality is your business card, how you leave others feeling after an experience with you becomes your trademark."







