

NOW IS THE **TIME** OF YOUR **LIFE**

THERE IS ALWAYS ENOUGH **TIME**

TIME IS MONEY: SURE, WITH A LOUSY, ASYMMETRICAL EXCHANGE RATE.

THE *PAST* IS ONLY A MEMORY, THE *FUTURE* JUST AN EXPECTATION AND *NOW* IS YOUR LIFE.

WHEN **HEALTH** HAS BECOME MORE IMPORTANT THAN **TIME**

YOU HAVE FOUND A KEY **WISDOM.**

DO WHAT YOU JUSTIFIABLY NEED TO DO – NOT WHAT YOU FEEL YOU MUST.

ACCOMPLISH TO *PLEASE* YOURSELF – NOT TO GET *RECOGNITION* FROM OTHERS.

DO NOT **BELIEVE** YOUR OWN THOUGHTS – BELIEVE YOUR EMOTIONS.

REPETITIVE THOUGHTS BECOME BELIEFS.

STOP JUDGING YOURSELF AND START ENJOYING EACH AND EVERY MOMENT.

AGITATION IS A USELESS WASTE OF ENERGY.