

January

What matters

This month
I welcome

I will give
me

I have and I can

When you change the way you look at things,
the things you look at change.

Wayne Dyer

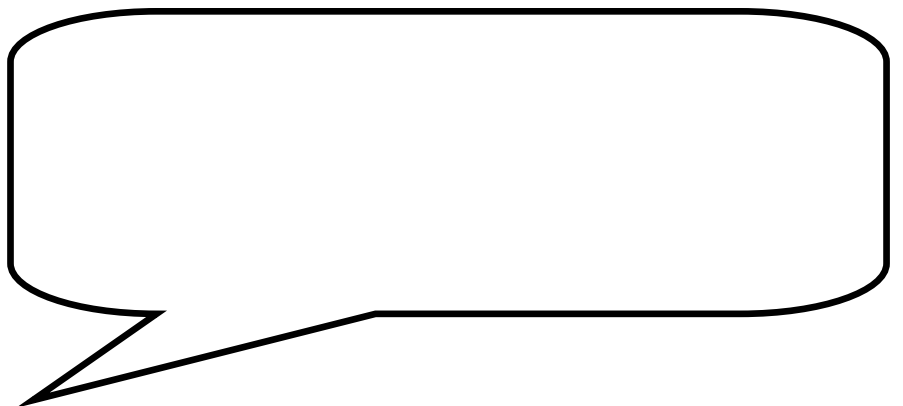
February

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march

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It's like you're surfing. The same wave that can be a source of pain can be a beautiful flowing grace and source of power. It's all a matter of how you respond to it. — Trey Anastasio

April

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Do not look back in anger, or
forward in fear, but around
in awareness.
James Thurber

May

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What you resist, persists.
What you accept, transforms.

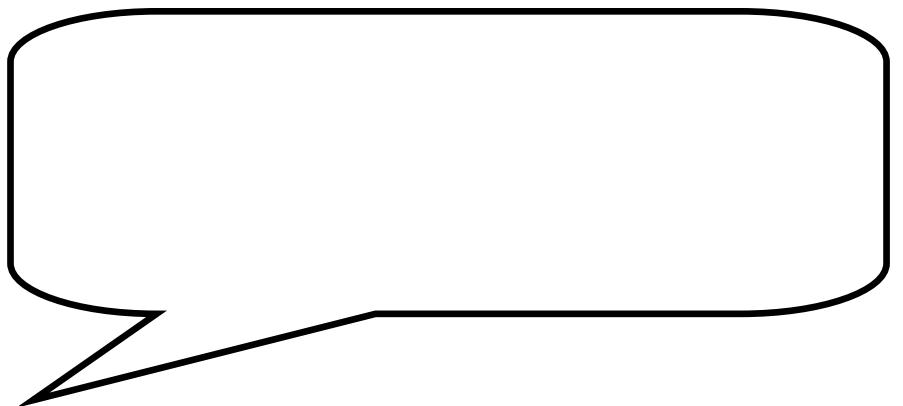
JUNE

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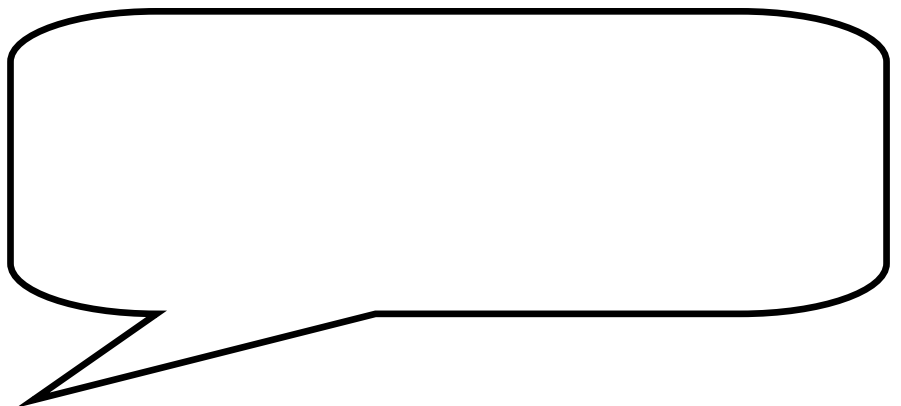
JULY

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AUGUST

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Good news. Happiness doesn't have to mean feeling good. Happiness can mean cultivating a rich and meaningful life.

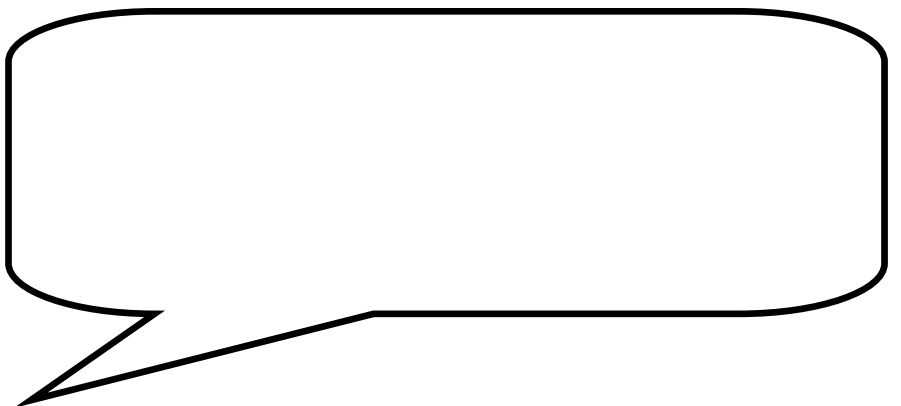
september

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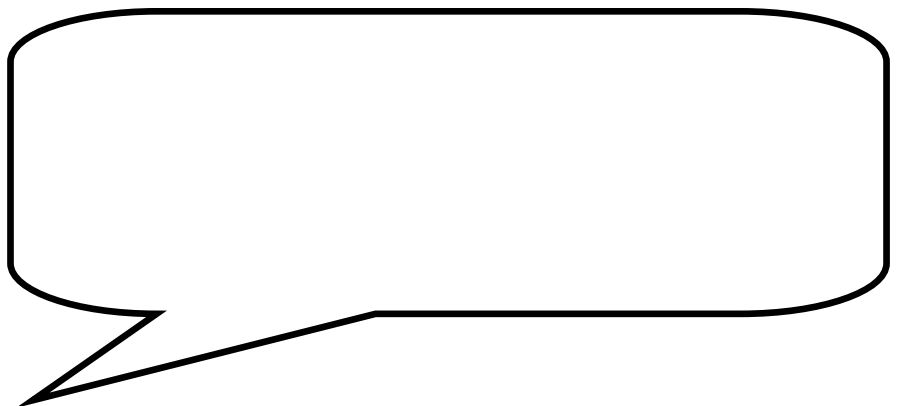
October

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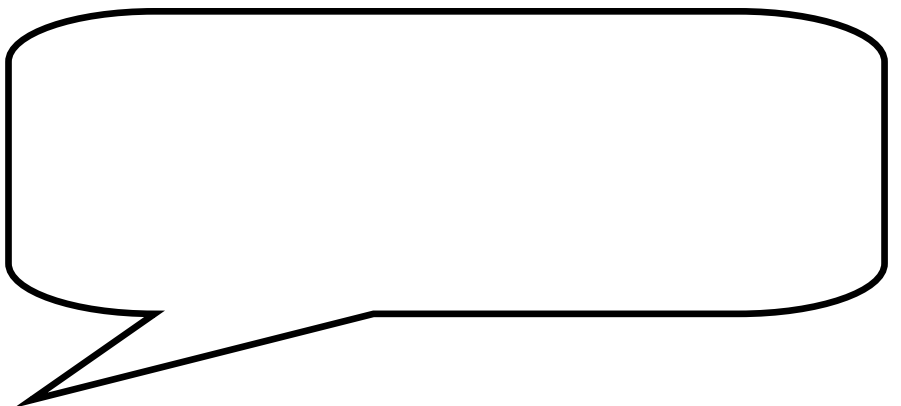
November

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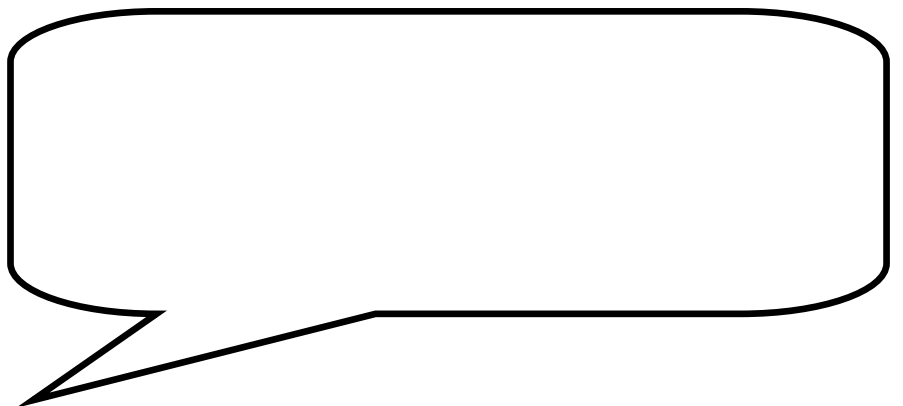
December

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