

One step at a time
Be kind to yourself
Every moment is an opportunity to learn
Revisit your goals often
Live up to your own standards
Use your facilities to know your abilities
Challenge systems that harm
Practice
Meditation takes preparation
Thoughts are one thing, actions are another
Life is transient
Nothing is guaranteed
Define God for yourself
Talk less, listen more
Take time to unwind
Slow down your vibration
Look at things from a different perspective
Drink a lot of water
Keep a positive mental attitude
You are not an identity, you are an experience