

Don't wish for it or "if only" or put it off until SOMEDAY. There is only now.

Do

Give yourself what you truly want. Surround yourself with what gives you joy, what is really important. No poor substitutes.

Have what you love.

Be

Aspire to your best self. Step into it. Trust that you can.

If you've chosen it, give it your full effort, do it whole-heartedly. Full out or not at all.

Appreciate it. Care for it.

Love what you Do. Have.

Accept yourself as you are. Be where you are. Forgive yourself.

Be.

Doing

If you hate it, stop. If you dread it, stop. It won't go away unless you stop. You are the only one who can.

Stop Having what you hate.

Being

Get rid of it. If it bothers you, nags at you, makes you shudder remove it, replace it, do without it.

Forgive yourself. Just say it, right now. That's how it begins and that's all it takes.