



# What I know to be True



- 1 We are travelers through life. Sometimes we bring others we bump into along with us. This makes the journey less lonely and difficult.
- 2 A good piece of chocolate will calm most and the fresh smell of vanilla will make most smile.
- 3 Write out what you want to say when angry or upset, it is cathartic as well as helpful to know what you want to say.
- 4 When it doesn't work, don't bang on it. Suck it up and call customer service and be prepared to wait.
- 5 When you fall down, you will Rise. You can take your time, need help, need dusting off but you will Rise again.
- 6 Dress for your Joy. If people are going to judge, they were going to do so anyway so dress for your own happiness.
- 7 Creativity belongs to everyone. There isn't a single person who doesn't have it. It may look different for each one but it is still there.
- 8 Time alone is good for the soul and mind. The world can be loud and overwhelming, learn to disconnect.
- 9 Be Grateful. Say Thank you for any good that comes into your life. It changes your mind to begin looking for the good.
- 10 Be Kind. Nothing replaces kindness. We have a chance to make someone's day or tear them down. Be Kind.