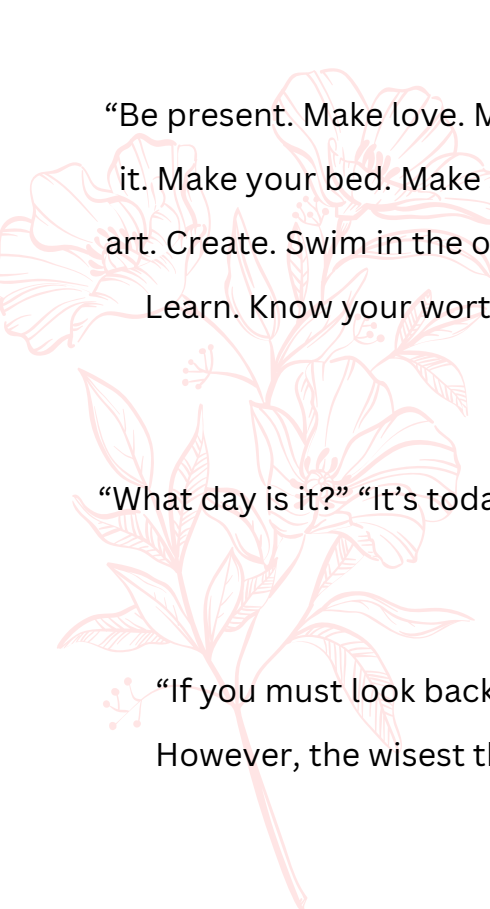


“Be present. Make love. Make tea. Avoid small talk. Embrace conversation. Buy a plant, water it. Make your bed. Make someone else’s bed. Have a smart mouth, and quick wit. Run. Make art. Create. Swim in the ocean. Swim in the rain. Take chances. Ask questions. Make mistakes. Learn. Know your worth. Love fiercely. Forgive quickly. Let go of what doesn’t make you happy. Grow.” – **Paulo Coelho**

“What day is it?” “It’s today,” squeaked Piglet. “My favourite Day,” said Pooh – **Piglet & Winnie the Pooh**



“If you must look back, do so forgivingly. If you must look forward, do love prayerfully. However, the wisest thing you can do is be present in the present...Gratefully.” – **Maya Angelou**

“Live in the present and make it so beautiful that it will be worth remembering.” – **Ida Scott Taylor**

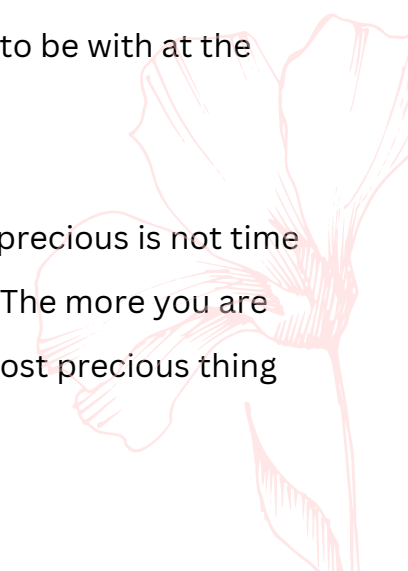
"The trick is to enjoy life. Don't wish away days waiting for better ones ahead." – **Marjorie Pay Hinckley**

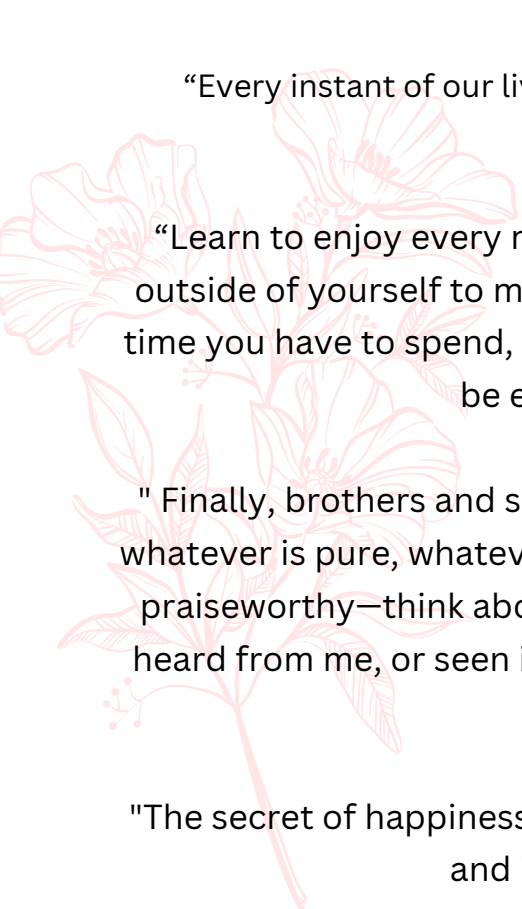
"You do not find a happy life. You make it." – **Camilla Eyring Kimball**

“Forever is composed of nows.” – **Emily Dickinson**

“If we can be present to the moment with the person that we happen to be with at the moment, that’s what’s important.” – **Fred Rogers**

“Time isn’t precious at all, because it is an illusion. What you perceive as precious is not time but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time — past and future — the more you miss the Now, the most precious thing there is.” — **Eckhart Tolle**





“Every instant of our lives is essentially irreplaceable: you must know this in order to concentrate on life.”— **André Gide**

“Learn to enjoy every minute of your life. Be happy now. Don’t wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it’s at work or with your family. Every minute should be enjoyed and savored.” – **Earl Nightingale**

" Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you." - **Philippians 4:8-9**

"The secret of happiness lies in taking a genuine interest in all the details of daily life, and in elevating them to art." -**William Morris**

“Write it on your heart that every day is the best day in the year.” – **Ralph Waldo Emerson**

“Don’t let yesterday use up too much of today.” – **Will Rogers**

"It's about living in the moment and appreciating the smallest things. Surrounding yourself with the things that inspire you and letting go of the obsessions that want to take over your mind. It is a daily struggle sometimes and hard work, but happiness begins with your own attitude and how you look at the world." – **Gretchen Rubin**

"The power of finding beauty in the humblest things makes home happy and life lovely."- **Louisa May Alcott**

"There are far, far better things ahead than any we leave behind." – **C.S. Lewis**

"The real man smiles in trouble, gathers strength from distress, and grows brave by reflection."- **Thomas Paine**

“Instructions for living a life. Pay attention. Be astonished. Tell about it.” — **Mary Oliver**