

Don't let
YESTERDAY
take up
TOO MUCH
OF TODAY



Enjoy these February days and may you find blessing in each new day!



Next time you're stressed:
take a step back, inhale and laugh.
remember who you are and why you're here.
you're never given anything in this world that
you can't handle. be strong, be flexible,
love yourself, and love others.
always remember, just keep moving forward.

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