



Monday

“Infuse joy and flip the script. Enjoy the process, you don’t need to fix everything at once.”
– Robyn Conley Downs



Tuesday

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'" -Mary Radmacher

Wednesday

“KEEP GOING, BECAUSE YOU DID NOT
COME THIS FAR JUST TO COME
THIS FAR.” - UNKNOWN



Thursday

“Look for something positive in each day, even if
some days you have to look a little harder.”

-Unknown



Friday

*“You’re a fighter. Look at everything you’ve overcome.
Don’t give up now.” -Olivia Benson*

Saturday

"Strength grows in the moments when you think you can't go on but you keep going anyway." -Unknown

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The image features a light cream background with decorative floral and polka dot patterns in the corners. The top-left and bottom-right corners are adorned with stylized flowers in shades of blue, green, and brown, with brown stems and leaves. The top-right and bottom-left corners feature a pattern of small, light-colored polka dots.

Sunday

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