

Life can be good you know

# Good Things Life Tips

1. Feeling good will allow your life to be less difficult. Do things that make you feel good! 😊 **NURTURE YOURSELF**

2. There are solutions to every problem, even if the solution means you have to change the way you think & feel about the problem. *Feel Good* ☀️



3. You always get to decide how you want to respond to each situation that life presents to you. Respond in ways that always make you feel proud of yourself! **IN CONTROL**

4. Don't stay in a state of mind that makes you feel miserable. Get help and support. You are worth healing. *Feel better* 🩹



5. You are not alone in your struggles. The only reason you feel alone, is because you are not allowing yourself to connect to others. Allow for connection to others.

6. Never give up on yourself. You should always be your best supporter. Don't allow others to devalue you. This NEVER helps you out! *Love Good Self-love* ❤️

7. You have value and purpose, because you exist. GOD does not make junk regardless of what other people may think or say. *you are lovable* ❤️

8. Your opinion is MOST important, when it comes to you. The Opinions of others has nothing to do with your experience, unless you allow for that!

**be yourself**





today  
IS MY  
LIFE

Good Things  
Life Tips



9. When you journal your feelings it can help you understand Yourself better. Keep track of your progress.

10. GOD will always help you if you ask. Ask for help from someone who is powerful enough to create miracles!


But with GOD all things are possible.  
Words of Jesus Matthew 18:26

11. If you change the way you think, it will change the way you feel. Think positive on purpose!

BRILLIANT MIND 

*love yourself*

12. Don't wait around for other people to meet your needs. It is NOT their responsibility! Give yourself what you need.

13. Positive affirmations are truths in advance. They build self-esteem. Use them. They work! 

14. Humor eases emotional pain. Please feel free to use it! **Laugh**


15. Your memories and experiences get stored in your soul. You get to take them with you when you leave this earth. Create good ones each day. **out Loud**

MEMORIES

16. Every human being was given special talents and abilities. Use them to help others. You will be blessed for this.

*love yourself* 

In The World

GOOD THINGS EMOTIONAL HEALING JOURNAL 

Scheduled for publication in 2009

*you are always worth healing*

