

Great leaders don't  
blame the tools they  
are given. They work  
to sharpen them.

- Simon Sinek

Always be a  
work in progress.

- Emily Lillian

Life is a great big  
canvas, and you should  
throw all the paint  
you can at it.

- Danny Kaye

When you reach the  
end of your rope, tie a  
knot and hold on.

- Franklin D. Roosevelt

The measure of who we  
are is what we do with  
what we have.

- Vince Lombardi

Give me six hours to  
chop down a tree and I  
will spend the first four  
sharpening the axe.

- Abraham Lincoln

There are no walls, no  
no bolts and no locks  
that anyone can put  
on your mind.

- Otto Frank

See the light in others  
and treat them as if  
that is all you see.

- Dr. Wayne Dyer

To plant a garden is to  
believe in tomorrow.

- Audrey Hepburn

The doors of wisdom  
are never shut.







- Benjamin Franklin

You cannot push anyone  
up the ladder unless  
he is willing to climb.

- Andrew Carnegie

The way to get started  
is to quit talking and  
begin doing.

- Walt Disney

<b>G</b> be gentle with yourself	 be gentle with yourself	<b>G</b> be gentle with yourself	<b>G</b> be gentle with yourself
<b>R</b> relaxation	 relaxation	<b>R</b> relaxation	<b>R</b> relaxation
<b>A</b> achievement	 achievement	<b>A</b> achievement	<b>A</b> achievement
<b>P</b> pleasure	 pleasure	<b>P</b> pleasure	<b>P</b> pleasure
<b>E</b> exercise	 exercise	<b>E</b> exercise	<b>E</b> exercise
<b>S</b> social activity	 social activity	<b>S</b> social activity	<b>S</b> social activity

 be gentle with yourself

 relaxation

 achievement

 pleasure

 exercise

 social activity