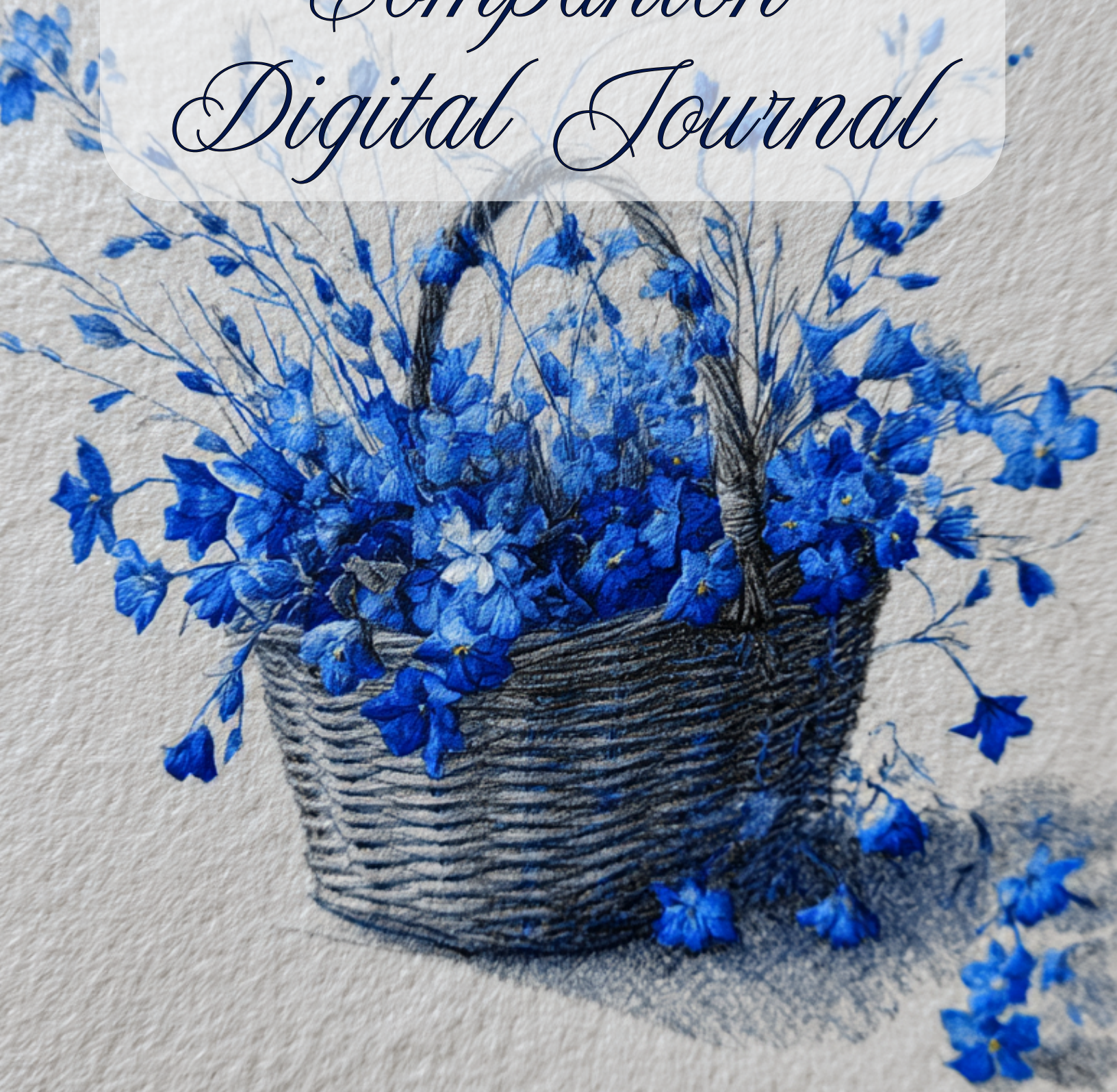


*My
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My Thoughts

*"To care for those who
once cared for us is one of
the highest honors."*

- Tia Walker

*"Never believe that a few
caring people can't change
the world.*

*For, indeed, that's all
who ever have."*

– Margaret Mead

*"Being deeply loved by
someone gives you
strength, while loving
someone deeply gives you
courage."*

"To love a person is to see all of their magic, and to remind them of it when they have forgotten."

*"It is not how much you
do, but how much love you
put into the doing."*

- Mother Teresa

*"The closest thing to
being cared for is to care
for someone else."*

- Carson McCullers

*"There is no education
like adversity."*

- Benjamin Disraeli

*"Notice that the stiffest
tree is most easily
cracked, while the bamboo
or willow survives by
bending with the wind."*

- Bruce Lee

*"When we are kind and
generous with ourselves.
we can pour kindness and
love into others."*

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow."

- Eleanor Brown

*"Some days there won't
be a song in your heart.
Sing anyway."*

- Emory Austin

"Remember: the dementia patient is not giving you a hard time. The dementia patient is having a hard time."

*"What we do for ourselves
dies with us. What we do
for others and the world
remains and is immortal."*

- Albert Pike

*"It's not the load that
breaks you down, it's the
way you carry it."*

- Lena Horne

