

## **WEDNESDAY WEEKLY WISDOM!**

"FEEL"

Do more of what makes us feel alive.

Choose to be optimistic, it feels better.

When we do good we feel good.

Never feel guilty about doing the right thing.

Feel the fear and do it anyway.

We are in charge of how we feel today.

We feel the best when we are happy.

No one can make us feel inferior without our consent.

Always find time for the things that make us feel happy!

Whatever we feel, we become.

