

WEDNESDAY WEEKLY WISDOM!

"CALM"

A calm mind and a grateful heart leads to a happy life.

It's all about finding the calm in the chaos.

To be calm is the highest achievement of oneself.

Remain calm in every situation because peace equals power.

Our calm mind is the ultimate weapon against our challenges... so let's relax.

Keep calm and carry on!

If an ocean can calm itself so can we.

We create our own calm.

Today I am calm:)

