

WEDNESDAY WEEKLY WISDOM!

"MOMENT"

This present moment is all we ever have.

Mindfulness is living in the moment without judging it.

The best way to pay for a lovely moment is to enjoy it.

We do not remember days, we remember moments.

Every moment is a fresh beginning.

Life isn't perfect but it has perfect moments.

It's the little moments that make life big.

In one moment you can make another smile.

This is your moment...own it!



Being The Best And Average Have Nothing In Common