



**Discover Your Inner Peace**

*Life goes by fast  
Don't worry about the past*

*Take time for you  
Choose what you love to do*

*Your mind might wonder about  
Be empowered to let go of your doubt*

*Let positive thoughts fill your mind  
Focus, smile, let yourself unwind*

*Step out of your comfort zone embracing fear  
Tune in to your inner guidance and hear*

*Don't give up on your dreams now  
Embrace the moment, celebrate, you know how*

*Surround yourself with people sharing and caring  
Open your heart, be bold and daring*

*Observe your attitude  
Focus on gratitude*

*Do what you love each day  
Don't stop until you find the way*

*Embrace opportunities with an open mind  
Today, and at all times, remember to be kind*

*Go at your own pace  
Compassion makes the world a better place.*

*When you let go to see the many open doors  
Inner peace is yours*

*Go with the flow and experience the new  
May inner peace each day be with you*