

seek meditate pause write wish imagine begin  
 comfort serve rest fight had lead  
 Ask value hope practice be thankful simplify praise  
 dream kiss hope exercise be prepared

# Always



empower recycle give respond comfort journey smile give love  
 nurture on bond learn pray breathe seek reach plan  
 be humble take a chance love let go laugh focus I believe  
 hang on I believe you

# BEST LOVE

"Change is the constant, the signal for rebirth, the egg of the phoenix."