

## Keep Moving Forward

Absolutely refuse to allow life's obstacles to keep you from moving onward. Sure, there are people and situations that will annoy you. This is no excuse to dwell on the negativity. Remember, "This too shall pass." The thing that is creating a problem cannot last forever. Most problems are temporary and fleeting. Understanding this is the key to moving forward. Take note of self-doubt and then release these thoughts. Spending time in self-doubt is ultimately a waste. Make your decision and follow through.

Everybody is a genius.

But if you judge a fish by its ability to climb a tree it will leave its whole life believing, it is stupid.

As you follow these steps and lessen the habit of complaining, you will find yourself leading a more confident lifestyle. Stop complaining about things beyond your control. Move forward with self-assurance and confidence. Above everything else, be gentle with yourself.



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Next time when you're stressed take a step back, inhale and laugh. Remember who you are and why you are here. You're never given anything in this world that you can't handle be strong, be flexible. Always remember just keep moving forward.

**MAKE YOUR DAY JOYFUL.**



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