

HAPPY ADVENT QUOTE CALENDAR ATTUNEDEDUCATION.COM

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1. "Love yourself first then everything else falls in line. You really have to love yourself to get anything else done in this world." Lucille Ball	2. "Self-compassion is simply giving the same kindness to ourselves that we would give to others" Christopher Germer	3. You can't pour from an empty cup, take care of yourself first" Anon	4. "The greatest weapon against stress is our ability to choose one thought over another" William James	5. "Self care is giving the world the best of you, not what's left of you." Katie Reed	6. "I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival." Andre Lorde	7. "Fall in love with caring for yourself, in body mind and spirit." Jill Conyers
8. Give yourself permission to enjoy life: it's unlikely anyone else will do so. Colin Wright	9. "Just one small positive thought in the morning can change your whole day." Dalai Lama	10. "Its not the mountain we conquer but ourselves." Sir Edmund Hilary	11. "Our intention creates our reality." Wayne Dyer	12. "Don't worry about failures, worry about the chances you miss when you don't even try" Jack Canfield	13. "Your mind will answer most questions if you learn to relax and wait for the answer" William Burroughs	14. "Rivers know this: there is no hurry. We shall get there some day" Winnie the Pooh
15. "You can't go back and change the beginning, but you can start where you are and change the ending." CS Lewis	16. "Be kind whenever possible. It's always possible" Dalai Lama	17. "Learn to be thankful for what you already have, while you pursue all that you want." Jim Rohn	18. "There is nothing in the world so irresistibly contagious as laughter and good humour." Charles Dickens	19. "Life will test you but remember this, when you walk up a mountain your legs get stronger" Go Mcgill	20. "There are only 2 ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle". Albert Einstein	21. Abundance is not something we acquire. It's something we tune into." Wayne Dyer
21. "Being in the present moment is a major component of mental wellness." Abraham Maslow	22. "If you don't like something change it, if you can't change it, change your attitude." Maya Angelou	23. Enjoy the little things, for one day you may look back and realize they were the big things. Robert Brault	24. "The key to being happy is knowing you have the power to choose what to accept and what to let go." Dodinsky	25. "We don't remember the days we remember the moments." Cesare Pavese	26. "How lucky am I to have something that makes saying good bye so hard" Winnie the Pooh	27. "The future belongs to those who believe in the beauty of their dreams" Eleanor Roosevelt