

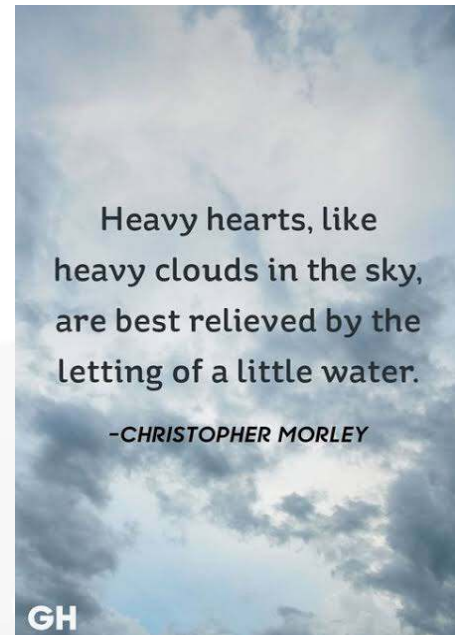
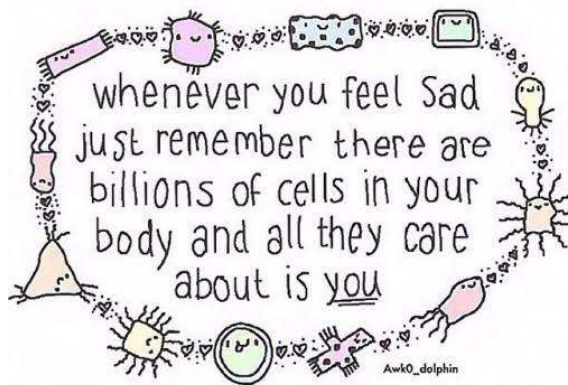
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Online and modular Class can sometimes be stressful! Here's some of the **motivational quotes** that can help you lift up your spirit and keep you back on track!

If you feel **Sad**:



If you feel **unloved**:



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## If you feel **Lost and Unsure:**

You'll be fine. Feeling unsure and lost is part of your path. Don't avoid it. See what those feelings are showing you and use it. Take a deep breath. You'll be okay. Even if you don't feel okay all the time.  
—Louis C.K.

WWW.LIVELIFEHAPPY.COM

"Whenever you feel lost, remember this: there are still over 7 billion people in the world left for you to meet. There are nearly two hundred beautiful countries for you to explore. There are so many new exciting foods you haven't tried yet. There are still so many beautiful adventures to be had. So, just hold on, because there are so many wonderful things coming your way."  
—TheMindsJournal

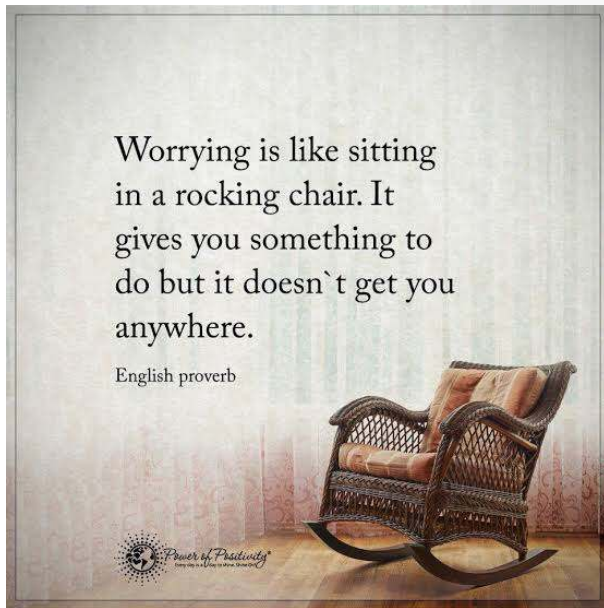


THEMINDSJOURNAL

## If you feel **Anxious:**

Worrying is like sitting in a rocking chair. It gives you something to do but it doesn't get you anywhere.

English proverb

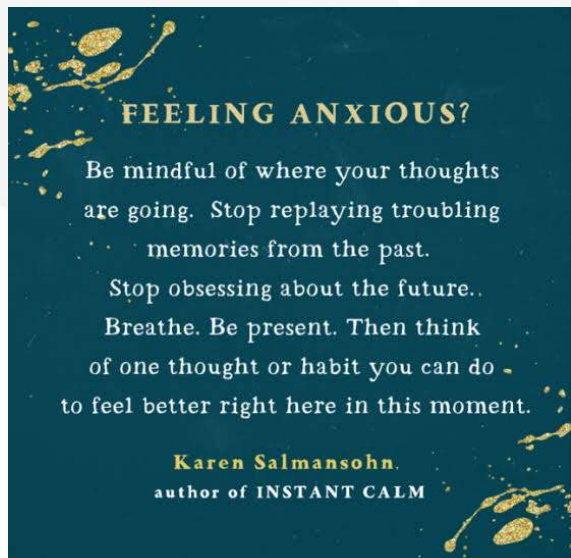


Power of Positivity  
Inspiring a Million Lives

### FEELING ANXIOUS?

Be mindful of where your thoughts are going. Stop replaying troubling memories from the past.  
Stop obsessing about the future.  
Breathe. Be present. Then think of one thought or habit you can do to feel better right here in this moment.

Karen Salmansohn  
author of INSTANT CALM



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If you feel **Afraid**:

**F.E.A.R.**  
has two meanings -  
Forget Everything And Run  
OR  
Face Everything And Rise  
The choice is yours.

Being brave  
isn't the  
absence of fear.  
Being brave is  
having that  
fear but  
finding a way  
through it.  
Bear Grylls

IDEAPOD

If you feel **Angry**:

**Control your anger, don't let your anger control you. If you are mad, don't say anything you'll regret later. If you can't say anything nice, don't say it. Calm down and then do whatever you have to do.**

 *Anger Management Quotes*  
[www.geckoandfly.com](http://www.geckoandfly.com)

Every day we have plenty of opportunities to get angry, stressed or offended. But what you're doing when you indulge these negative emotions is giving something outside yourself power over your happiness. You can choose to not let little things upset you.

Joel Osteen

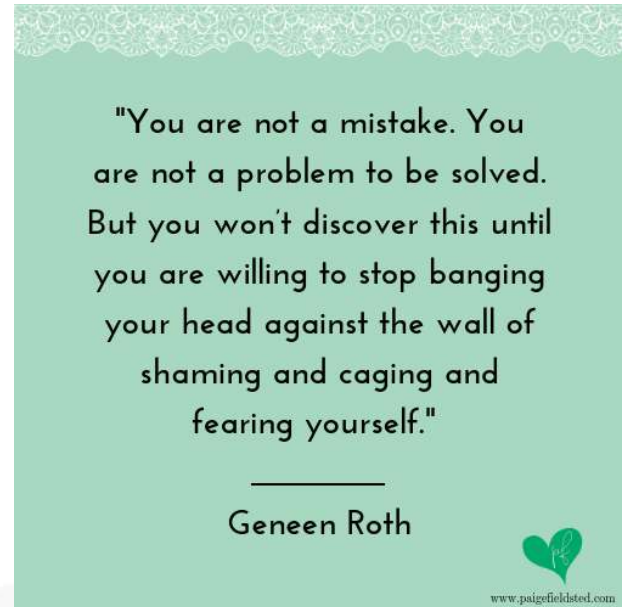
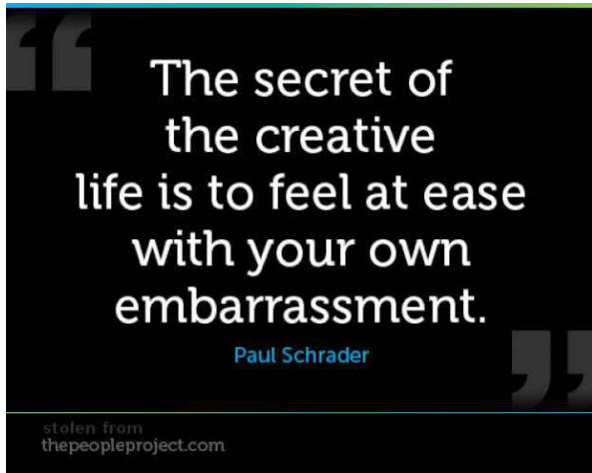
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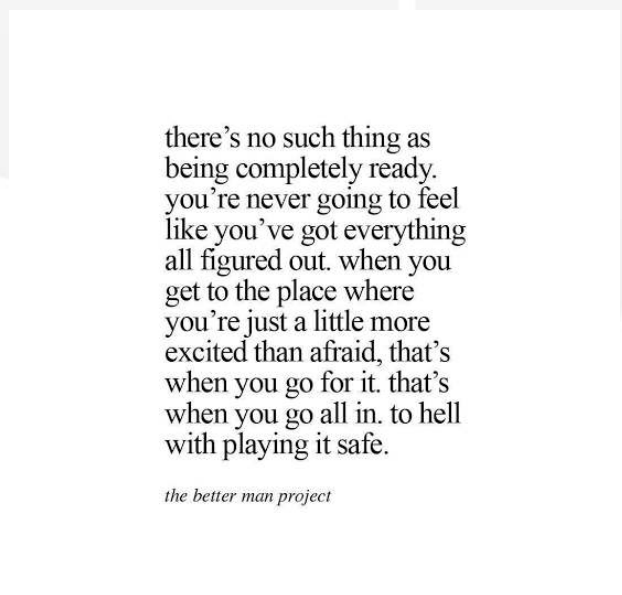
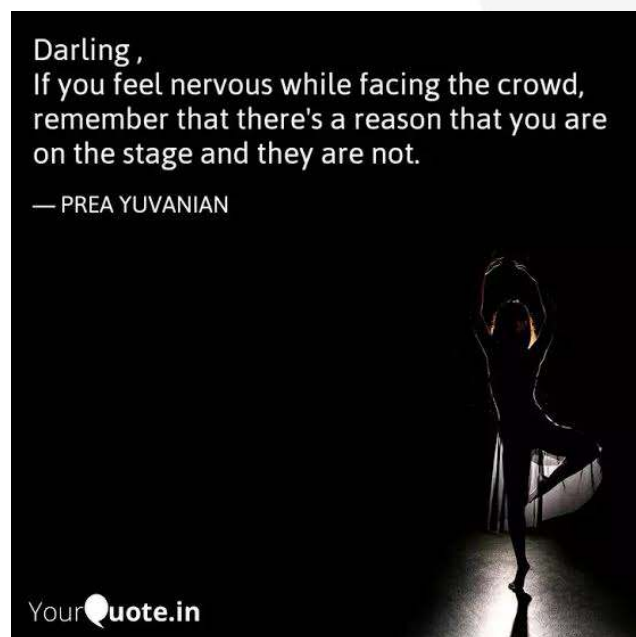
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If you feel **embarrassed**:



If you feel **nervous**:



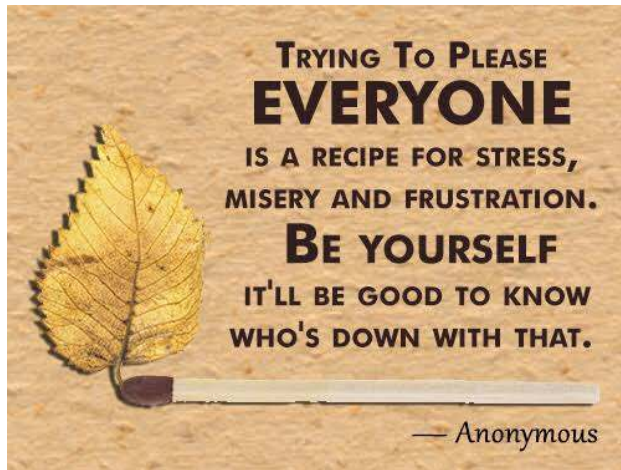


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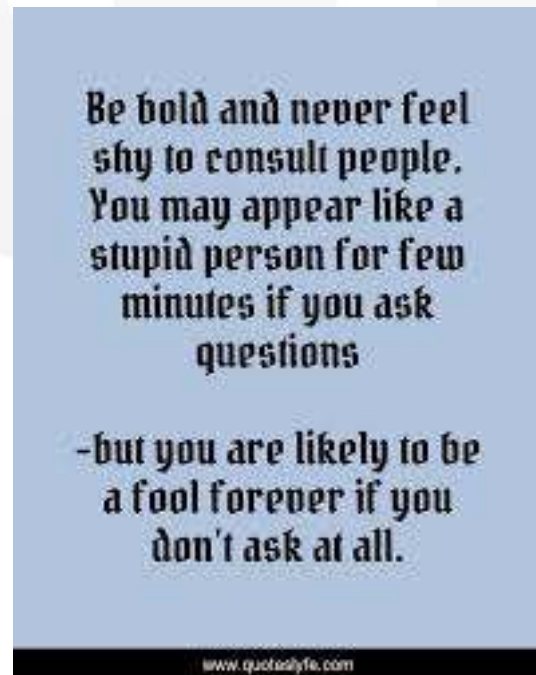
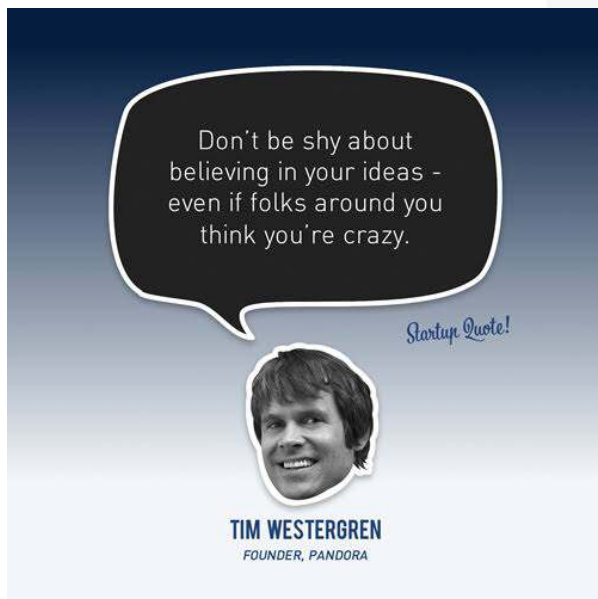
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If you feel **frustrated**:



If you feel **Shy**:



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If you feel **confused**:



When you feel confused or burdened by problems focus on THIS INSTANT and ask yourself: WHAT PROBLEM DO I HAVE RIGHT NOW? You will find that there is no problem NOW. A challenge that requires action, possibly, but not a problem.

— Eckhart Tolle —

AZ QUOTES

WHEN YOU FEEL CONFUSED JUST REMEMBER  
THERE IS ALWAYS A SOLUTION FOR EVERY PROBLEM  
SO YOU HAVE TO BE PATIENT  
IT IS PATIENCE WHICH WILL LEAD YOU TO THE TOP OF SUCCESS!

— AQIB JAAN

YourQuote.in

If you feel **Dissatisfied**:

DO EVERYTHING WITH A GOOD HEART AND EXPECT NOTHING IN RETURN AND YOU WILL NEVER BE DISAPPOINTED

Barbara Lowe

Quote@ixel.com

One's best success comes after their greatest disappointments.

Henry Ward Beecher

EVERYDAYPOWER

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If you feel **Jealous**:

*Jealousy* only eats up your beauty. Have more faith in yourself, you got something that other people don't.

TRY NOT TO  
FEEL JEALOUS  
ABOUT THINGS,  
OR PEOPLE  
OR PLACES.  
IT'S TOXIC.  
JUST KEEP LIVING.  
YOU WILL FIND  
YOUR HAPPINESS.

If you feel **Betrayed**:

Everyone suffers at least one bad betrayal in their lifetime. It's what unites us. The trick is not to let it destroy your trust in others when that happens. Don't let them take that from you.

Sherrilyn Kenyon

Forgive yourself for the blindness that put you in the path of those who betrayed you. Sometimes a good heart doesn't see the bad.

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But guess what? Here's the **BEST PART!**

## **25** PROMISES OF GOD

### **ISAIAH 40:31**

He gives strength to the weary.

### **MATTHEW 11:28**

He will give you rest.

### **ISAIAH 54:10**

His love never fails.

### **COLOSSIANS 1:14**

He has redeemed you.

### **EPHESIANS 1:5**

He has adopted you.

### **EXODUS 14:14**

He will fight for you.

### **JAMES 1:5**

He gives you wisdom.

### **JAMES 4:7**

He protects you from evil.

### **1 JOHN 1:19**

Confess and He forgives.

### **ROMANS 6:6**

He makes you new.

### **LUKE 6:37**

Forgive others & He forgives you.

### **MATTHEW 23:12**

He will exalt the humble.

### **DEUTERONOMY 31:6**

He will never forsake you.

### **JOHN 3:16**

He has give you eternal life.

### **JOHN 8:36**

He will set you free.

### **MARK 11:24**

Ask in prayer & you will receive.

### **PHILIPPIANS 4:19**

He will meet all your needs.

### **PSALM 50:10**

Call on Him and He will answer.

### **PSALM 37:4**

He will give what your heart desires.

### **REVELATION 3:5**

Your name is on the book of life.

### **ROMANS 8:28**

He makes all things work for good.

### **MATTHEW 6:31**

Seek the kingdom & He will provide.

### **PROVERBS 3:5-6**

He will make your paths straight.

### **ROMANS 8:16-17**

He has prepared a place for you.

### **REVELATION 22:12**

He is coming again soon.

God is always with us so worry less and keep slayin'!

From: Your PICE FAMILY

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