

STOP THE FEAR!
FEAR IS THE REAL
'F' WORD
THE ANTIDOTE
TO FEAR
IS GRATITUDE

YOU can choose to see what is happening now
as a time of **opportunity** or not.
It can be either or both!
Depending on your perception.

This time is loaded with opportunity
IF you look for it and...
IF you are in a good state, grateful and calm.

Use caution, not panic. Be responsible. Be sensible.
Choose to find things for which to be grateful.

Begin each meeting with this question:
What's the thing you are most grateful for since we
last met?'

Write in a gratitude journal every night
- 3 things for which you are grateful. It's potent.

Continue to live! But live consciously! With gratitude.