

We Believe our JOURNEY TOGETHER has been arranged with a purpose.

- We believe that **Presence** brings **Peace**.
- Some of the most unexpected events in life can bring such healing.
- You are a JOY to us.

May these SIMPLE thoughts bring you GREAT ENCOURAGEMENT:

- 1.) **BELIEVE** in Yourself
  - a. Your Beliefs can and will shape your life and the life of those around you.
- 2.) Stay **STRONG**
  - a. Dream BIG,
  - b. Believe the Best,
  - c. You will Achieve what you Believe
- 3.) **NEVER**, EVER give up
  - a. Progress is not measured in one day its measured by the BEAUTIFUL moments you embrace.
- 4.) Be **GRATEFUL**
  - a. Gratitude prepares the way for you to experience FREEDOM and PEACE.
- 5.) **PERSEVERE** with HOPE
  - a. HANG ON, Wait for it; good things come for those who WAIT in expectation.
- 6.) **HUMILITY** does not entertain self-deprecating thoughts
  - a. Be kind to Yourself
  - b. Abandon every negative thought, embrace the positive.
- 7.) Look back with a **SMILE**,
  - a. Go forward with COURAGE
  - b. Keep Dreaming.... You are WORTH it!

Sincerely, *Carlo Griseta*,  
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\* Consider Visiting [www.griefshare.org](http://www.griefshare.org)

(under "find a group" tab, enter zip code/city to discover FREE online or in-person support groups in your area).

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