

It takes the time it takes.

A humble man knows his strengths,  
understands his weakness, and  
seeks to find a balance.

Some things take more than  
one conversation to resolve.

ACCEPT MYSELF  
ACCEPT OTHERS  
FIND PEACE OF MIND

*I am learning to express myself.*

*Actual experience happens at  
the time  
-- it cannot be preplanned.*

Am I thinking about solving  
someone else's problems?  
Stop it!

Am I thinking about what others should be doing  
instead of what I should be doing?

At times I am carefree!

Be still.  
Pay attention.  
Consider the information.  
Make a choice.

# Thoughts for Change

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