

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.

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