

"The world sucks

my life sucks

EVERYTHING SUCKS."

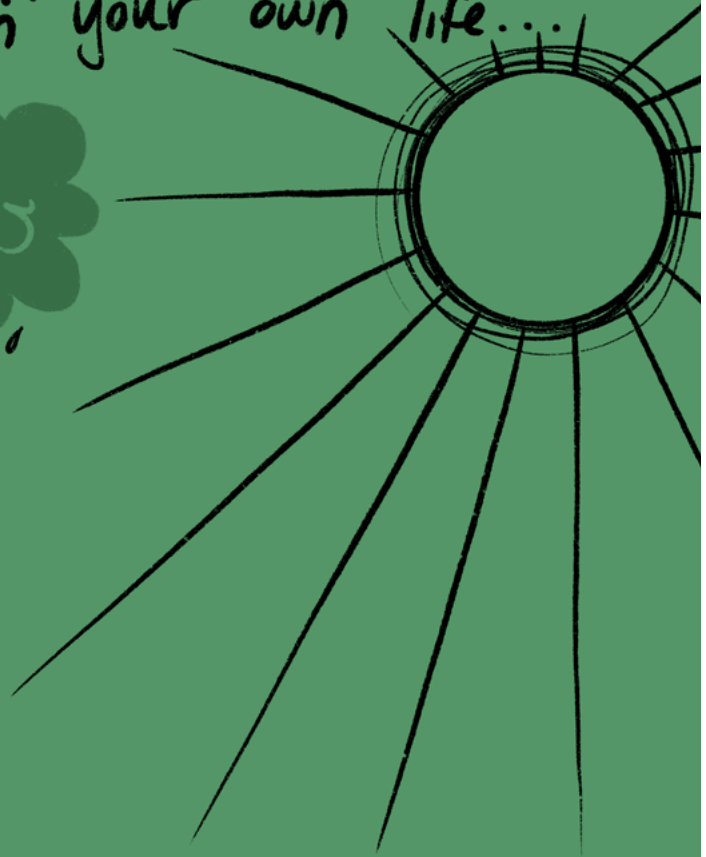


flow

The more you stew in that narrative, the more
it becomes your **REALITY.**

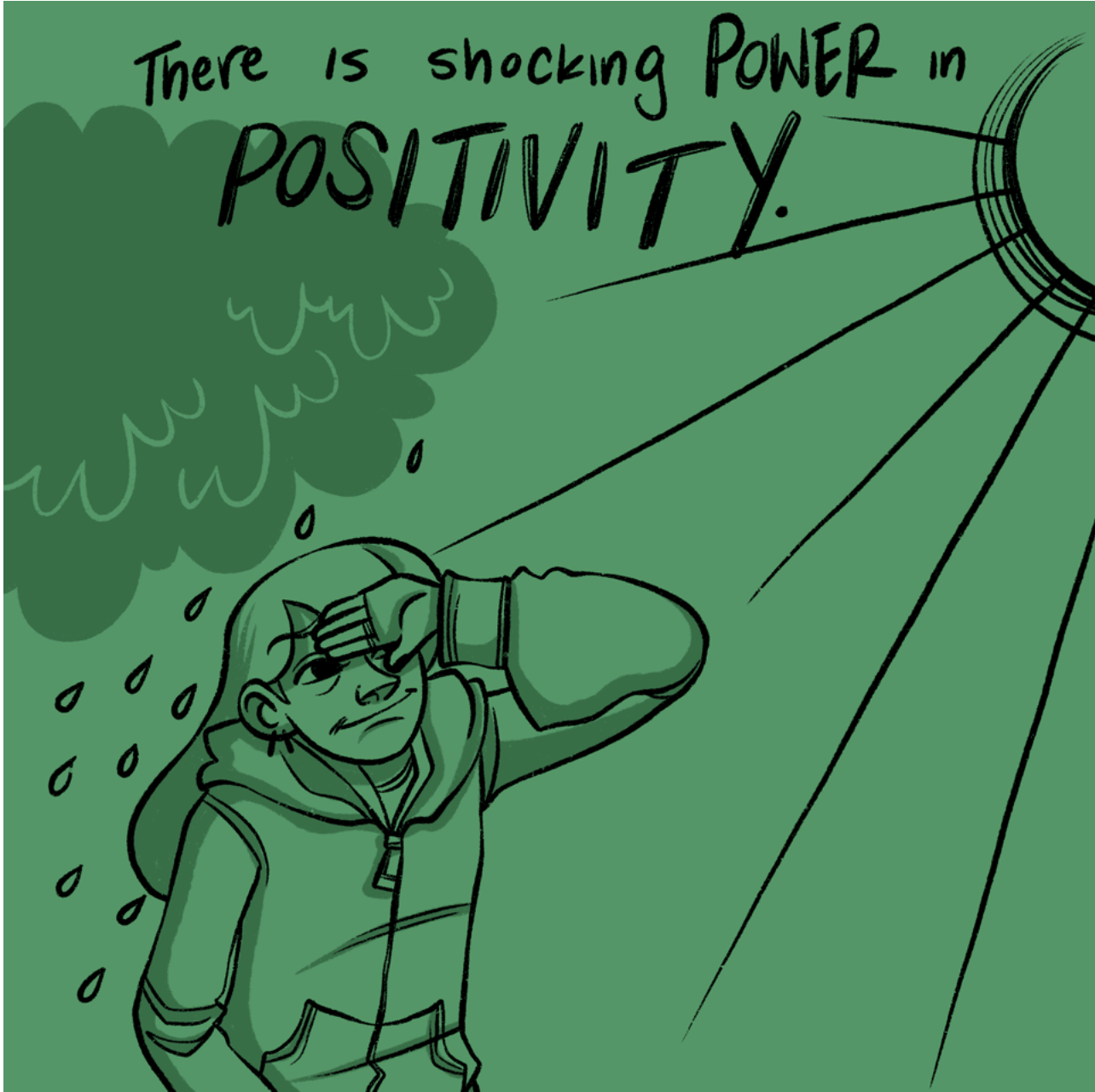


While yes, there are a lot of bad things that happen in this world, or even just in your own life....



It's never good to only focus on that.

There is shocking **POWER** in
POSITIVITY.



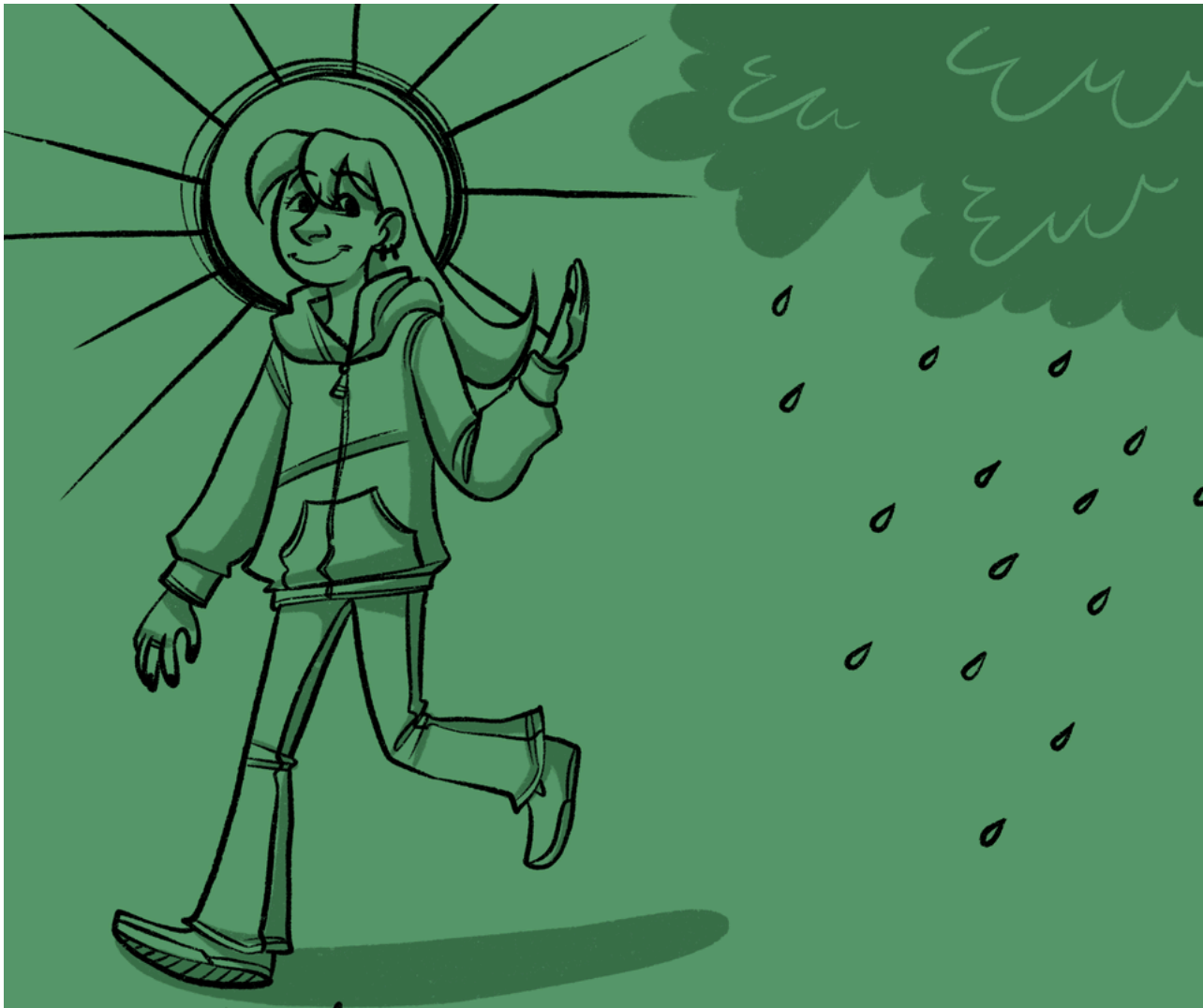


The more you think about how much there is to be grateful for, the harder it is to stay upset.

It's something you
have to practice,
like meditation...



... or remembering
to take your meds
every day.



The gratitude soaks into your very being, giving you built-in tools to fight the suckiness of the world.