

## Do not undermine your worth!

by comparing yourself with others.  
It is because we are different  
that each of us is special.

Do not set your goals  
by what other people deem important.  
Only you know  
what is best for you.

Do not take for granted  
the things closest to your heart.  
Cling to them as you would your life,  
for without them,  
life is meaningless.

Do not let your life  
slip through your fingers  
by living in the past  
nor for the future.  
By living your life one day at a time,  
you live all the days of your life.

Do not give up  
when you still have something to give.  
Nothing is really over  
until the moment you stop trying.  
It is a fragile thread  
that binds us to each other.

Do not be afraid to encounter risks.  
It is by taking chances  
that we learn how to be brave.

Do not shut love out of your life  
by saying it is impossible to find.

The quickest way to receive love  
is to give love;  
The fastest way to lose love  
is to hold it too tightly.

Do not dismiss your dreams.  
To be without dreams  
is to be without hope;  
To be without hope  
is to be without purpose.

Do not run through life  
so fast that you forget  
not only where you have been,  
but also where you are going.  
Life is not a race,  
but a journey  
to be savored  
each step of the way.

Neva Thorp

