

**I do not have to accept
the unacceptable**



KEEP IT SIMPLE



Change One Thing



**How IMPORTANT
is it?**



**BE KIND TO
YOURSELF**



One Day at a Time



**Keep an
Open Mind**



Live and Let Live



First Things First



Words Change Lives



Easy Does It



Listen & Learn



God grant me

the serenity to accept
the things I cannot change;
the courage to change
the things I can;
and the wisdom to know
the difference.

— *Serenity Prayer*



**We help the most
when we help the least**



HALT:
Hungry
Angry
Lonely
Tired



Whom you see here
What you hear here
When you leave here



It works if you work it



Let it Begin with Me



**PROGRESS
NOT
PERFECTION**



Just for Today



**Let Go
Let God**



Hands Off



Nose Out