C:\Users\Joyce\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TEJDW0YZ\MC900039005[1].wmfJoyce Barnes 416-367-2975

**Watch your thoughts, they become words.**

**Watch your words, they become actions.**

**Watch your actions, they become habits.**

**Watch your habits, they become your character.**

**Watch your character, it becomes your destiny.**

**Thanksgiving**

Charity starts at home

Stop running away from your problems

Stop lying to yourself

Stop putting your own needs on the back burner

Stop trying to hold on to the past

Stop being scared to make a mistake

Stop holding grudges

Stop berating yourself for old mistakes

Stop acting like everything is fine, if it isn’t

Stop worrying so much

**The most important**

Be grateful, be thankful

Everyday count your blessings