

FEEL GOOD FITNESS

Lifestyle of Health and Fitness

TOP 10

1. *Accept where you are right now in life - you are right where you are supposed to be.*
2. *Be thankful for what you do have.*
3. *In every circumstance - an attitude of gratitude leads to joy and contentment.*
4. *Surrender - no preconceived agendas - free your mind.*
5. *No regrets.*
6. *Live in this moment - Life is about the little things - ONE step at a time.*
7. *Sometimes there is not a known reason why - move on.*
8. *Plan for tomorrow - then let go.*
9. *Remain true to yourself.*
10. *Have an open heart.*

