

If you're confused and don't what to do next, widen your perspective.

Always look forward and keep your head high.

Courage never led to regrets.

Being strong isn't enough you have to be focused as well.

If a task seems very difficult, break it down to smaller tasks and work on them independently.

Before you visit a country it's nice to briefly learn about it's history.

If you don't know what you're going to expect then do some research and clear the clouds.

If you're feeling low on energy, exercise.