1. Setbacks do not measure self-worth
2. Regression will intensify realizations
3. Moving away won’t take away the pain, but you have to keep moving if you seek healing
4. Too often, critical thinking is critically missing
5. The first step towards feeling like less of a shit-pile is to stop living in denial
6. Authenticity is a priceless commodity when individuality is a rarity
7. Your connections can only go as deep as your conversations
8. Hell is unrealized potential
9. Mindfulness is mutiny against mass media
10. Dogs are cats without ego
11. Bad timing doesn’t mean stop trying
12. Could-have-beens will construct your mental prisons
13. Skepticism is an underrated form of flirtations