

A Year
to Inspire
and Fill
with Joy

JANUARY

JULY

FEBRUARY

AUGUST

MARCH

SEPTEMBER

APRIL

OCTOBER

MAY

NOVEMBER

JUNE

DECEMBER

JANUARY 1



WHEN I LET
GO OF *what*
I AM, I BECOME
WHAT I MIGHT
BE

LAO TZU

JANUARY 2

WE BECOME
WHAT WE WANT TO BE
BY CONSISTENTLY BEING
WHAT WE WANT TO BECOME
— EACH DAY. —

Richard G. Scott

JANUARY 3



Good timber does not grow with ease,
The **STRONGER** the wind,
the **STRONGER** the trees.

J. Willard Marriott
Quoted by Thomas S. Monson

JANUARY 4



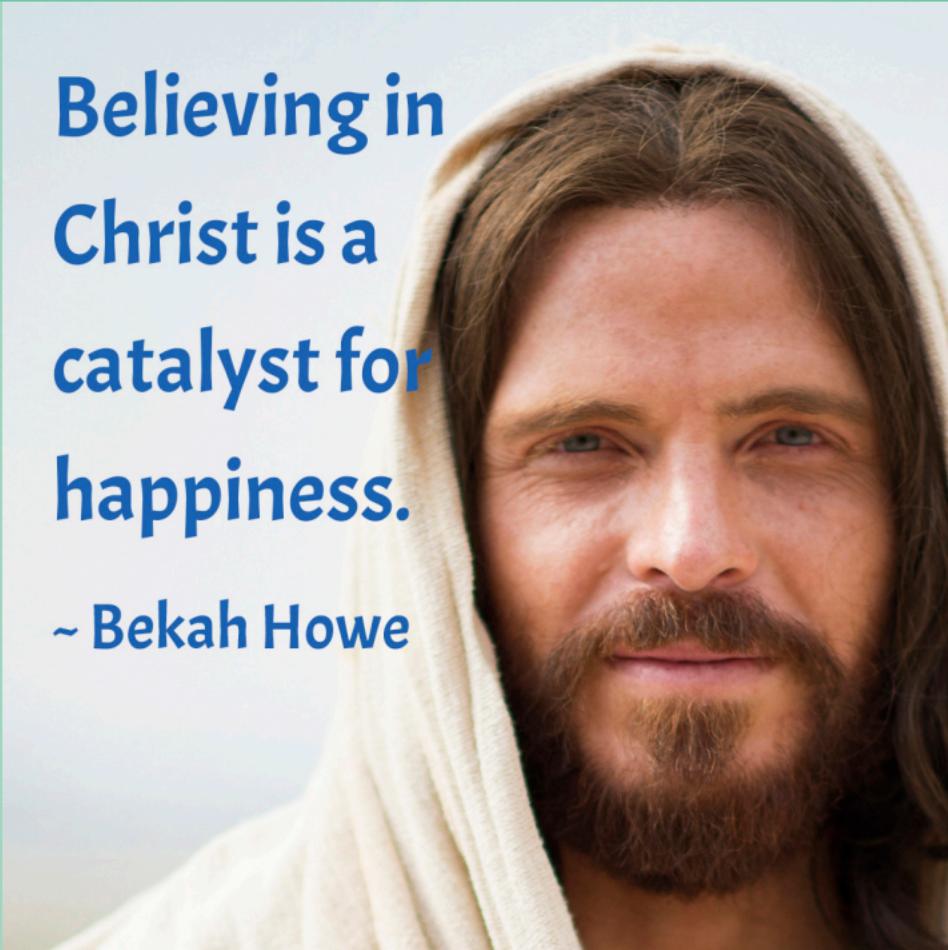
JANUARY 5

"IF YOU THINK YOU'VE
BLOWN
God's plan
FOR YOUR LIFE,
REST IN THIS:
YOU, MY
beautiful friend,
ARE NOT THAT
POWERFUL."
LISA BEVER

JANUARY 6

Believing in
Christ is a
catalyst for
happiness.

~ Bekah Howe



JANUARY 7

“

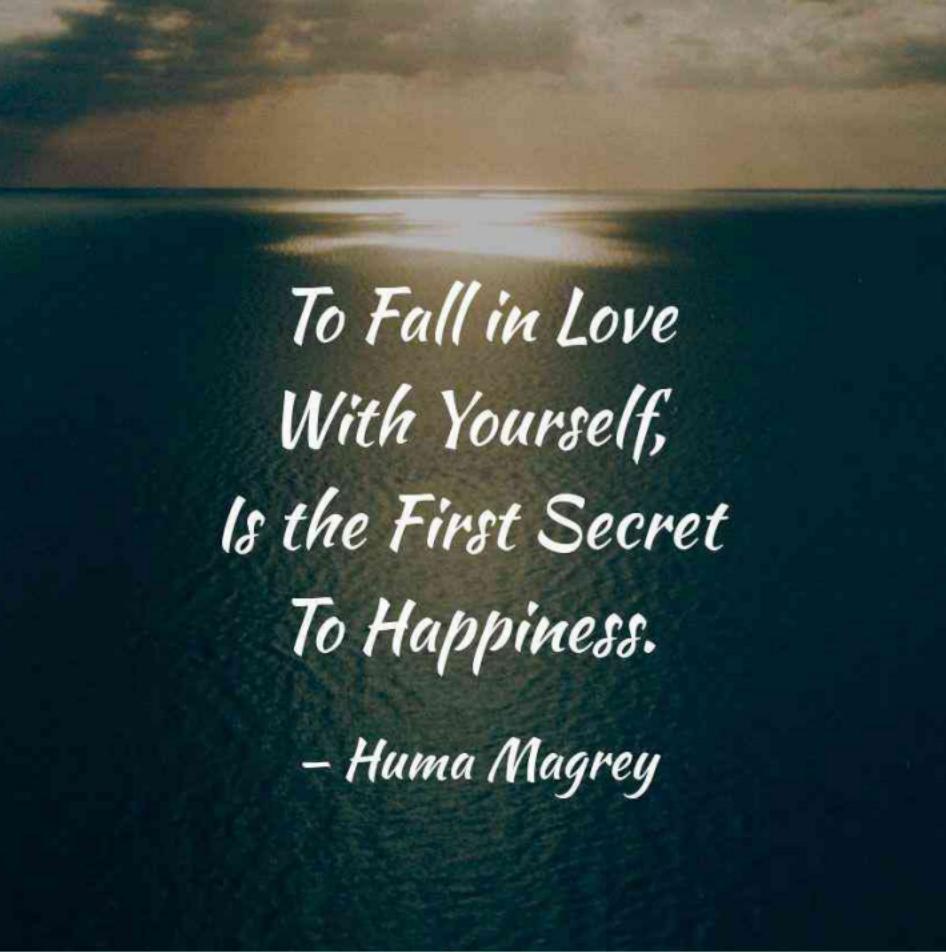
TODAY IS YOUR
OPPORTUNITY
TO BUILD THE
TOMORROW
YOU WANT

KEN POIROT

JANUARY 8

A Little
Progress
Each Day
Adds up to
BIG Results

JANUARY 9



To Fall in Love
With Yourself,
Is the First Secret
To Happiness.

— Huma Magrey

JANUARY 10

“

WHEN YOU FOCUS
ON THE GOOD,
THE GOOD GETS BETTER.



JANUARY 11

Please hear me, Girl:
The world has enough women
who know how to do their hair.
It needs women who know how
to do hard and holy things.



JANUARY 12

I HAVE TOLD YOU THESE THINGS
SO THAT IN ME YOU

*You may have
Peace*

IN THIS WORLD YOU WILL HAVE TROUBLE

But take heart!

I HAVE OVERCOME THE WORLD

JOHN 16:33

JANUARY 13

IT'S OKAY IF
YOU FALL APART
SOMETIMES. TACOS
FALL APART;
WE STILL LOVE
THEM.

JANUARY 14

“Be believing,
be happy,
don't get discouraged.
THINGS WILL WORK OUT.”

- Gordon B. Hinckley

JANUARY 15

- Next
- Tomorrow
- Later
- NOW

JANUARY 16

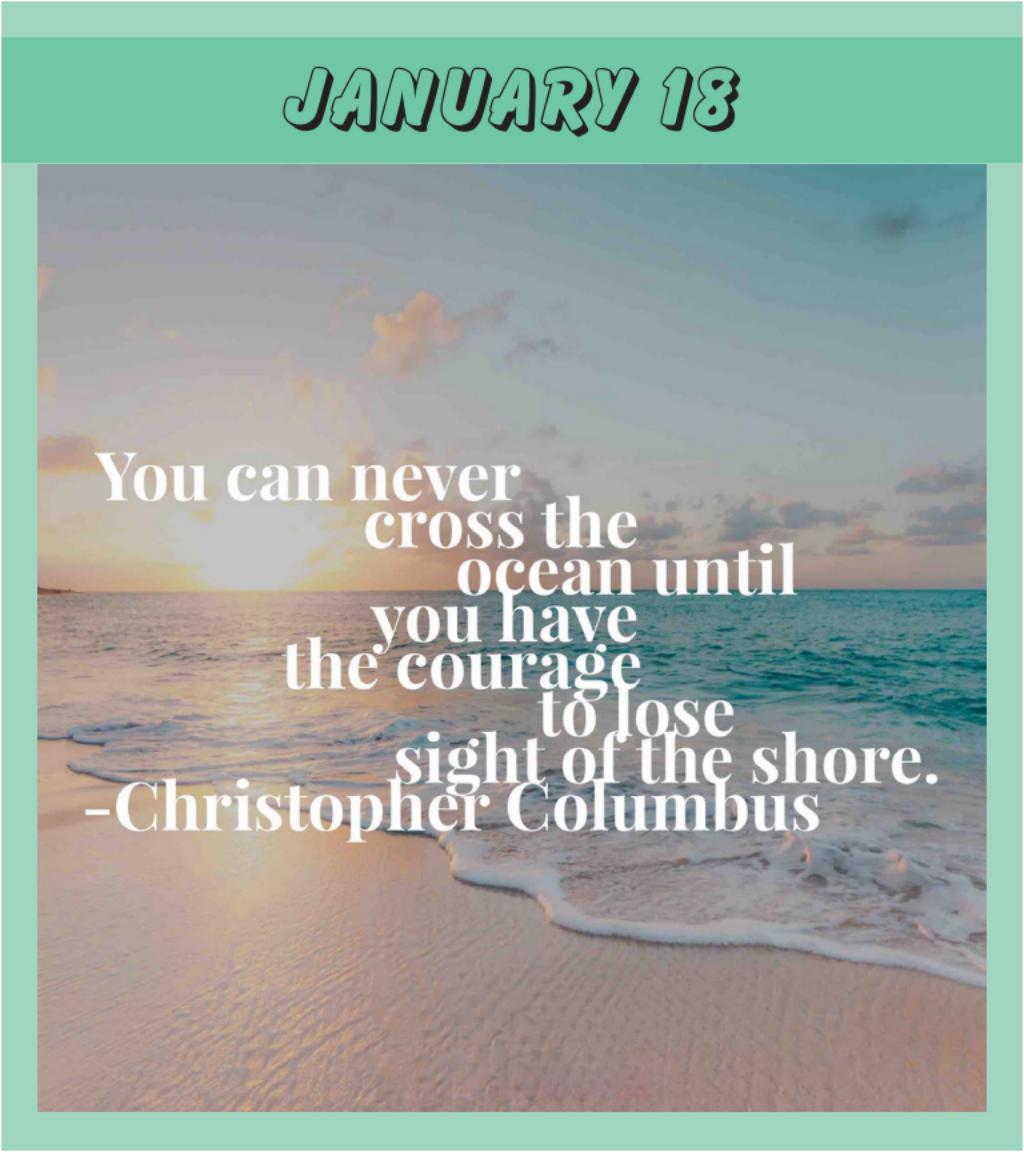
throw
kindness
around
like
Confetti

JANUARY 17

Girl
YOU GOT
THIS

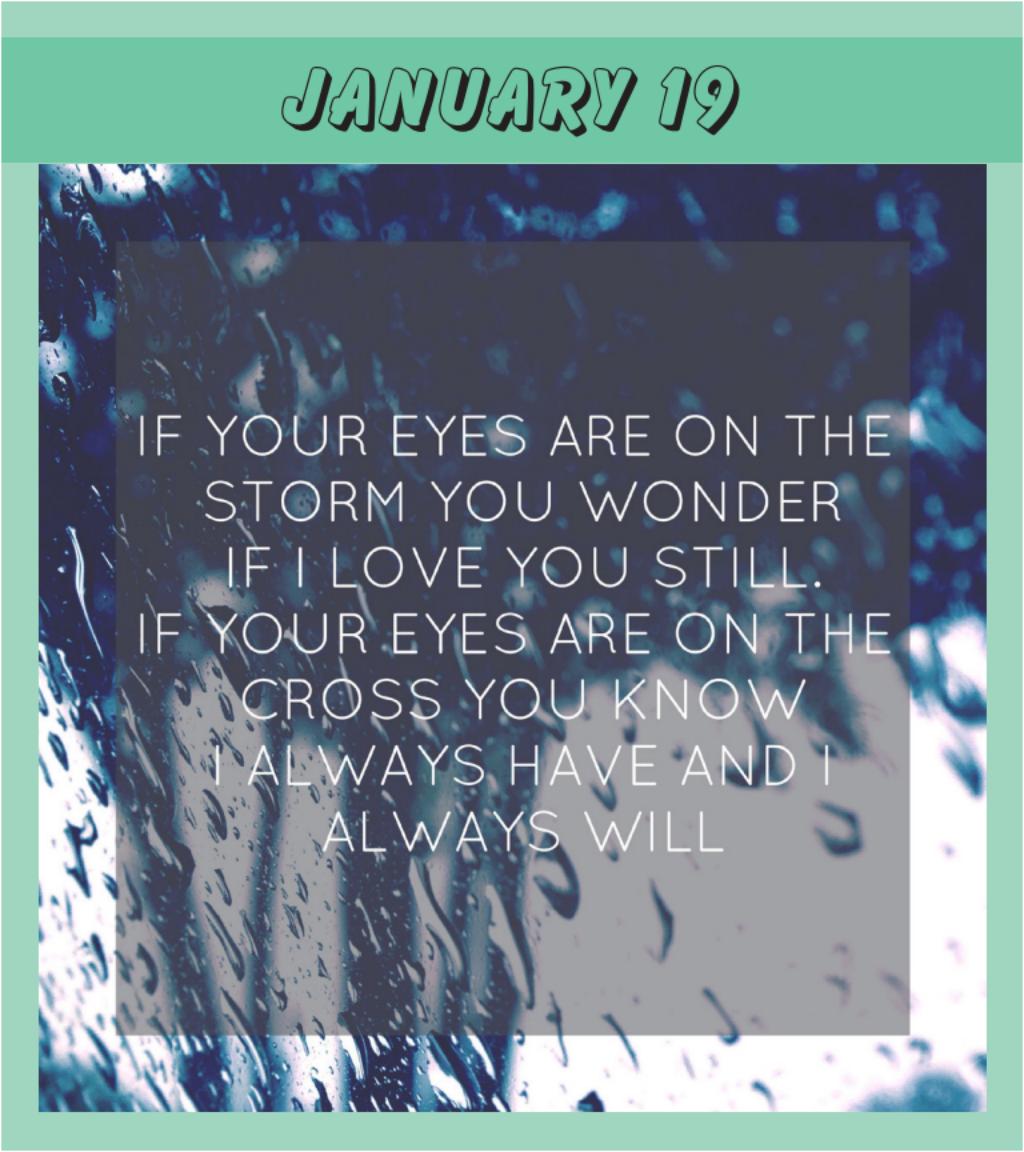
The word "Girl" is written in a large, flowing cursive script. Below it, the words "YOU GOT THIS" are written in a bold, sans-serif font. On the left side, there is a branch with several leaves extending from the bottom left towards the center. On the right side, there is a branch with several leaves extending from the middle right towards the center.

JANUARY 18

A photograph of a beach at sunset. The sky is filled with warm, orange, and yellow clouds. The ocean waves are crashing onto the light-colored sand. The overall atmosphere is peaceful and inspiring.

You can never
cross the ocean until
you have
the courage
to lose
sight of the shore.
-Christopher Columbus

JANUARY 19



IF YOUR EYES ARE ON THE
STORM YOU WONDER
IF I LOVE YOU STILL.
IF YOUR EYES ARE ON THE
CROSS YOU KNOW
I ALWAYS HAVE AND I
ALWAYS WILL

JANUARY 20

LIST #1

MAKE A LIST OF
THINGS THAT
MAKE YOU
HAPPY

LIST #2

MAKE A LIST OF
THINGS YOU DO
EVERYDAY

COMPARE THE LISTS
ADJUST ACCORDINGLY

JANUARY 21

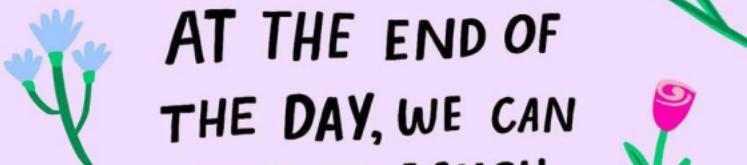
And when I desire to rejoice, my heart groaneth because of my sins; nevertheless, I know in whom I have trusted.

My God hath been my support; he hath led me through mine afflictions in the wilderness; and he hath preserved me upon the waters of the great deep.

He hath filled me with his love, even unto the consuming of my flesh.

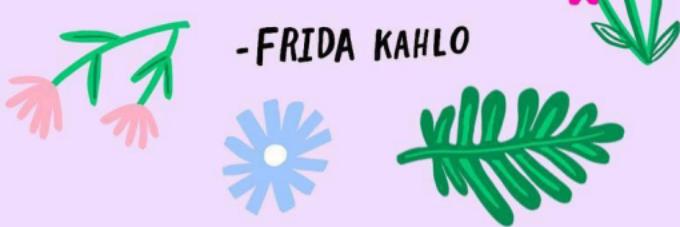
2 Nephi 4: 19-21

JANUARY 22

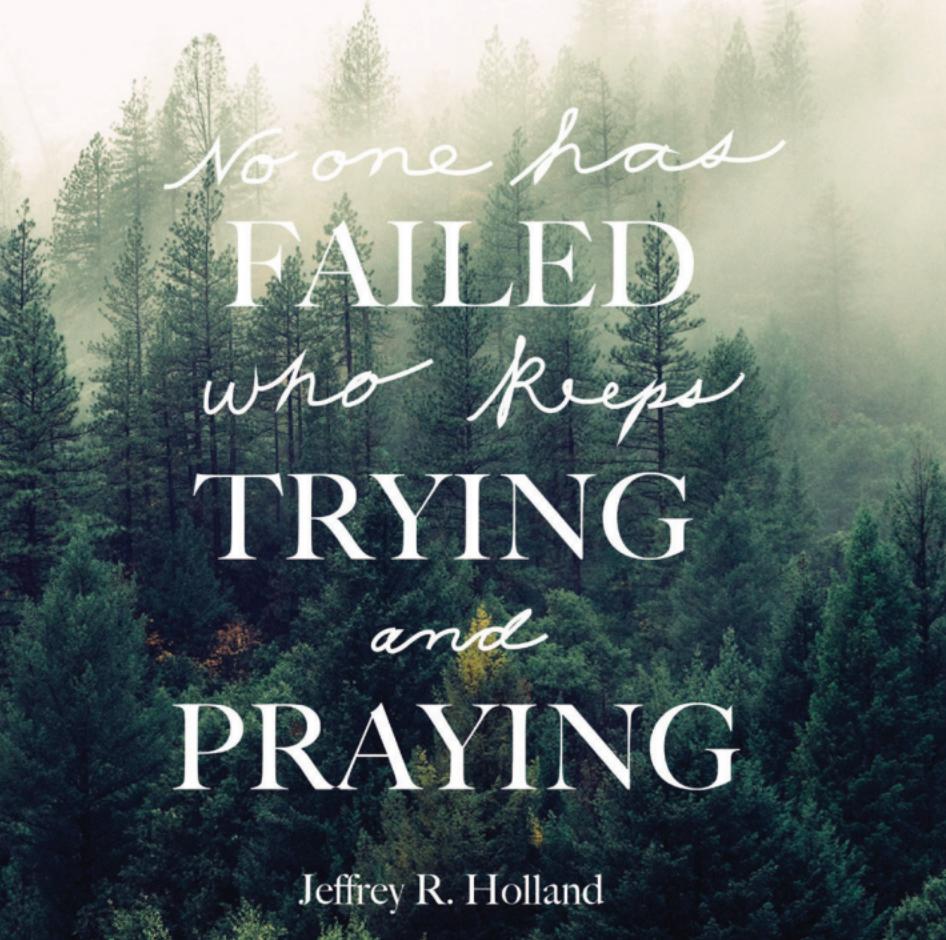


AT THE END OF
THE DAY, WE CAN
ENDURE MUCH
MORE THAN WE
THINK WE CAN.

-FRIDA KAHLO



JANUARY 23



No one has
FAILED
who keeps
TRYING
and
PRAYING

Jeffrey R. Holland

JANUARY 24

*It is a
choice
we make
daily
to choose
faith
over doubt.*

-Bonnie L. Oscarson

JANUARY 25

YOU WILL NEVER
BECOME WHO YOU
WERE MEANT TO BE
IF YOU KEEP
BLAMING EVERYONE
ELSE FOR
WHO YOU ARE.

JANUARY 26

**KNOW YE
NOT THAT
YE ARE IN
THE HANDS
OF GOD?**

MORMON 5:23

JANUARY 27



WHEN YOU START
SEEING YOUR WORTH,
YOU'LL FIND IT
HARDER TO STAY
AROUND PEOPLE WHO DON'T

JANUARY 28

Good things
take time



JANUARY 29

If you don't have time
to pray and read your scriptures,
you are busier than
God
ever intended you to be.

JANUARY 30

OLD
WAYS
WON'T
OPEN
NEW
DOORS



JANUARY 31

I Strong
Fearless
Creative
Awesome
Grateful
Happy
Blessed
Loved

AM

FEBRUARY 1

“GO FORWARD IN LIFE WITH
A TWINKLE IN YOUR EYE AND
A SMILE ON YOUR FACE, BUT
WITH GREAT PURPOSE IN
HEART.”

- GORDON B. HINCKLEY

FEBRUARY 2

NO ONE
IS YOU
AND THAT
IS YOUR
POWER

FEBRUARY 3

"My dear brothers and sisters, there will be days and nights when you feel overwhelmed, when your hearts are heavy and your heads hang down. Then, please remember, Jesus Christ, the Redeemer, is the head of this church. It is His gospel. He wants you to succeed. He gave His life for just this purpose"

~Dieter F. Uchtdorf

FEBRUARY 4



FEBRUARY 5

Two Hands

While walking in the sand one day
I tripped and fell and while I lay
Two hands reached out to lift me high,
One hand moist, the other hand dry.
One hand was tattered, worn, and abused.
The other hand soft, smooth and unused.
I knew not which hand to take in mine
To lift me up and guide me through time.
For one hand would lead me back home to God,
The other away from the iron rod.
Cautiously I picked the tattered, torn hand
It lifted me up and again I could stand.
I knew then I'd picked the Lord's helping hand,
For Satan would've left me there in the sand.
I wondered why His hand was so worn and abused
And then I remembered how much it was used.

- KARA BISHOP

FEBRUARY 6

**"BE WILLING
TO BE A
BEGINNER
EVERY
SINGLE
MORNING."**

MEISTER ECKHART



FEBRUARY 7

TRUST IN THE
LORD AND BE
LIFTED UP AT
THE LAST DAY.

.....

SEE MOSIAH 23:22

FEBRUARY 8



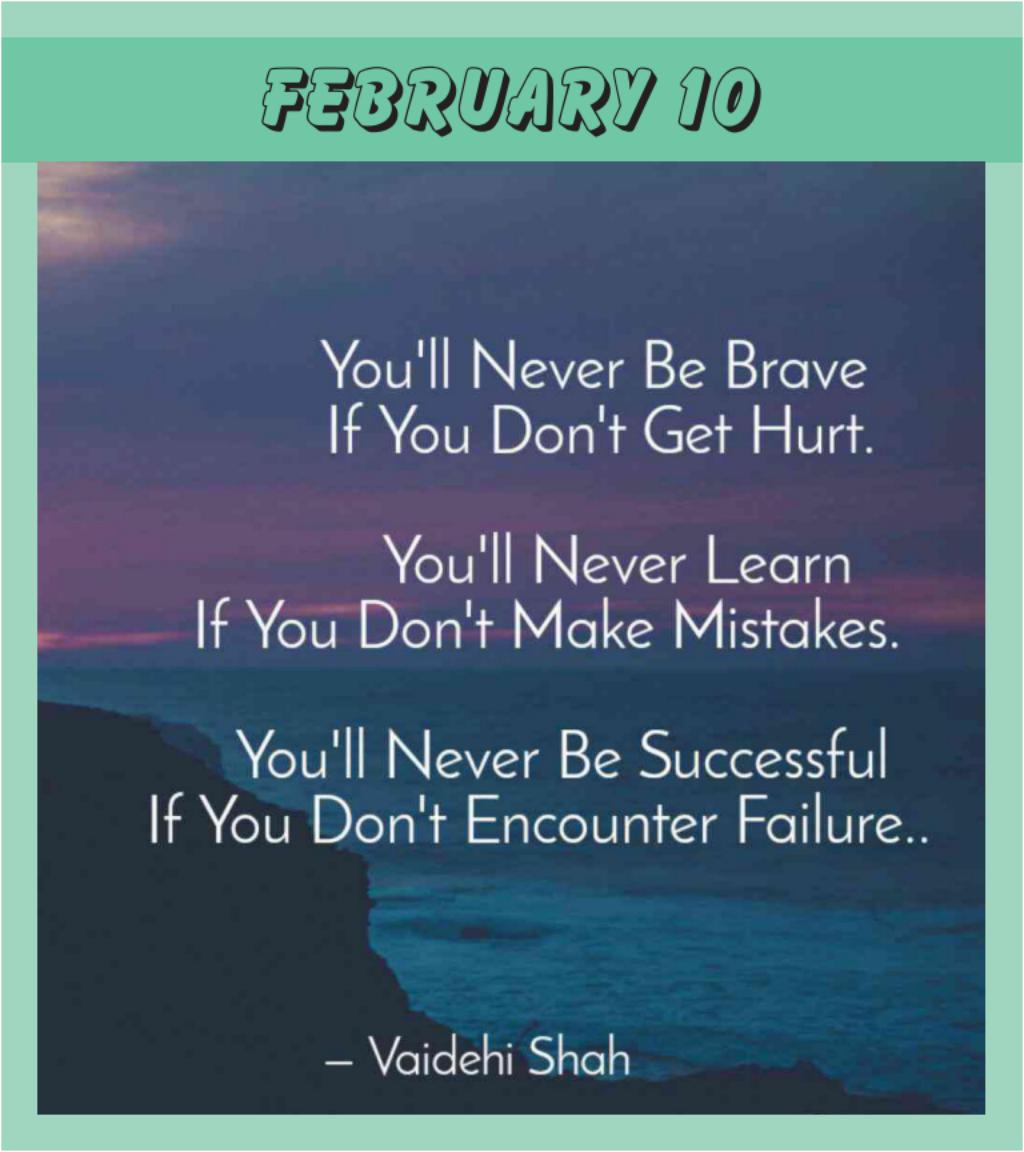
**When everything seems
to be going against you,
remember that the
airplane takes off against
the wind, not with it.**

Henry Ford

FEBRUARY 9

there's
always
something
to
celebrate

FEBRUARY 10



You'll Never Be Brave
If You Don't Get Hurt.

You'll Never Learn
If You Don't Make Mistakes.

You'll Never Be Successful
If You Don't Encounter Failure..

– Vaidehi Shah

FEBRUARY 11



A friend may be
waiting behind a
stranger's face.

Maya Angelou

FEBRUARY 12



"DON'T LET WHAT
YOU CANNOT DO
INTERFERE WITH
WHAT YOU CAN DO."

JOHN WOODEN

FEBRUARY 13

Love lights more fires
than hate extinguishes.

Ella Wheeler Wilcox

FEBRUARY 14



"ALWAYS
BELIEVE SOMETHING
WONDERFUL IS ABOUT
TO HAPPEN."

-UNKNOWN

FEBRUARY 15

HARDSHIPS
often prepare
Ordinary
PEOPLE FOR AN
extraordinary
DESTINY

-CS LEWIS

FEBRUARY 16

be who
you needed

when you
were younger

FEBRUARY 17

**PUSH YOURSELF,
BECAUSE NO ONE ELSE
IS GOING TO DO IT
FOR YOU.**



FEBRUARY 18

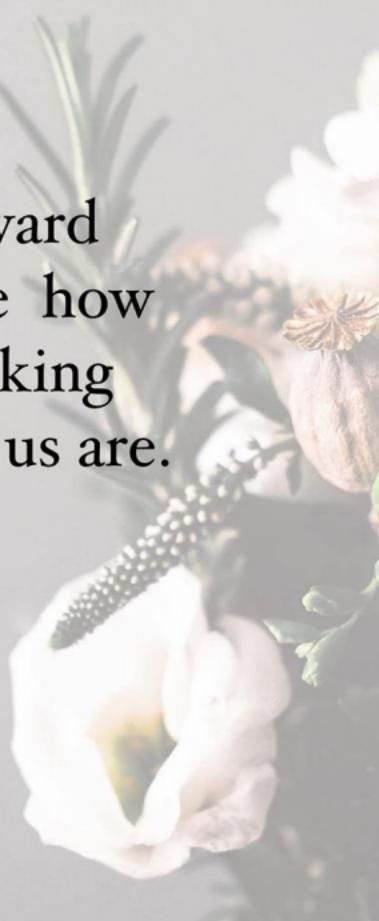
Weeping MAY ENDURE
FOR A NIGHT,
BUT Joy COMES
IN THE MORNING.¹⁵
Psalm 30:5

FEBRUARY 19

“

we all move forward
when we recognize how
resilient and striking
the women around us are.

- rupi kaur



FEBRUARY 20

have
courage
and
be kind



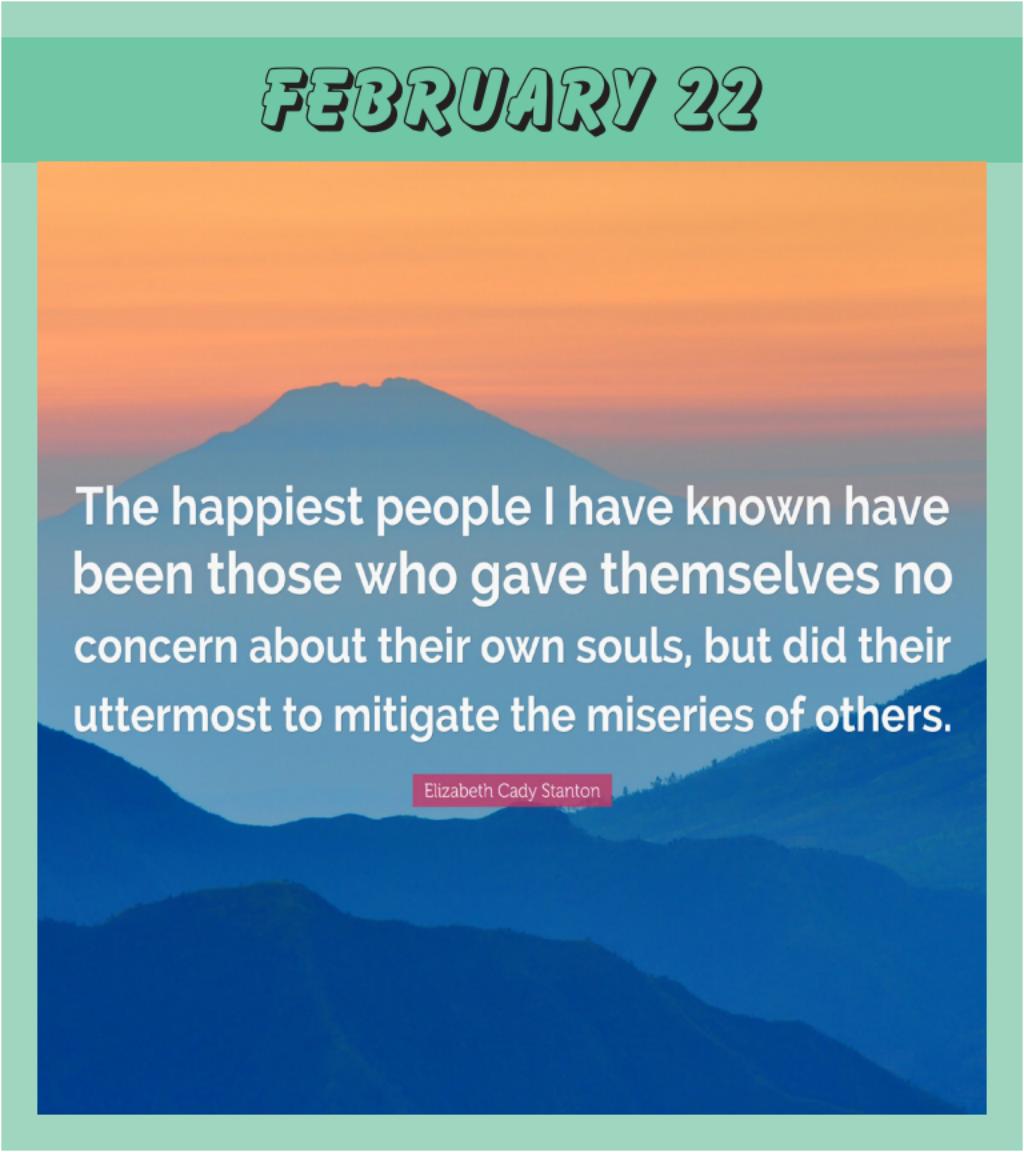
FEBRUARY 21

When Life Gets Blurry



ADJUST YOUR FOCUS

FEBRUARY 22



The happiest people I have known have been those who gave themselves no concern about their own souls, but did their uttermost to mitigate the miseries of others.

Elizabeth Cady Stanton

FEBRUARY 23

KINDNESS
ONE OF THE GREATEST GIFTS
YOU CAN BESTOW UPON
ANOTHER. IF SOMEONE IS
IN NEED, LEND THEM A
HELPING HAND. DO NOT
WAIT FOR A THANK YOU.
TRUE KINDNESS LIES WITHIN
THE ACT OF GIVING WITHOUT
THE EXPECTATION OF
SOMETHING IN RETURN



FEBRUARY 24

“DON'T WAIT.
The time will never
be just right.”

NAPOLEON HILL

FEBRUARY 25

The Devil knows your name,
but he calls you by your sin.
God knows your sins,
but calls you by name.

FEBRUARY 26



FEBRUARY 27

DON'T LOOK BACK,
YOU'RE NOT GOING
THAT WAY.



FEBRUARY 28

...peace be unto thy soul;
thine adversity and thine
afflictions shall be but a
small moment;

And then, if thou endure
it well, God shall exalt
thee on high...

Doctrine and Covenants 121:7-8

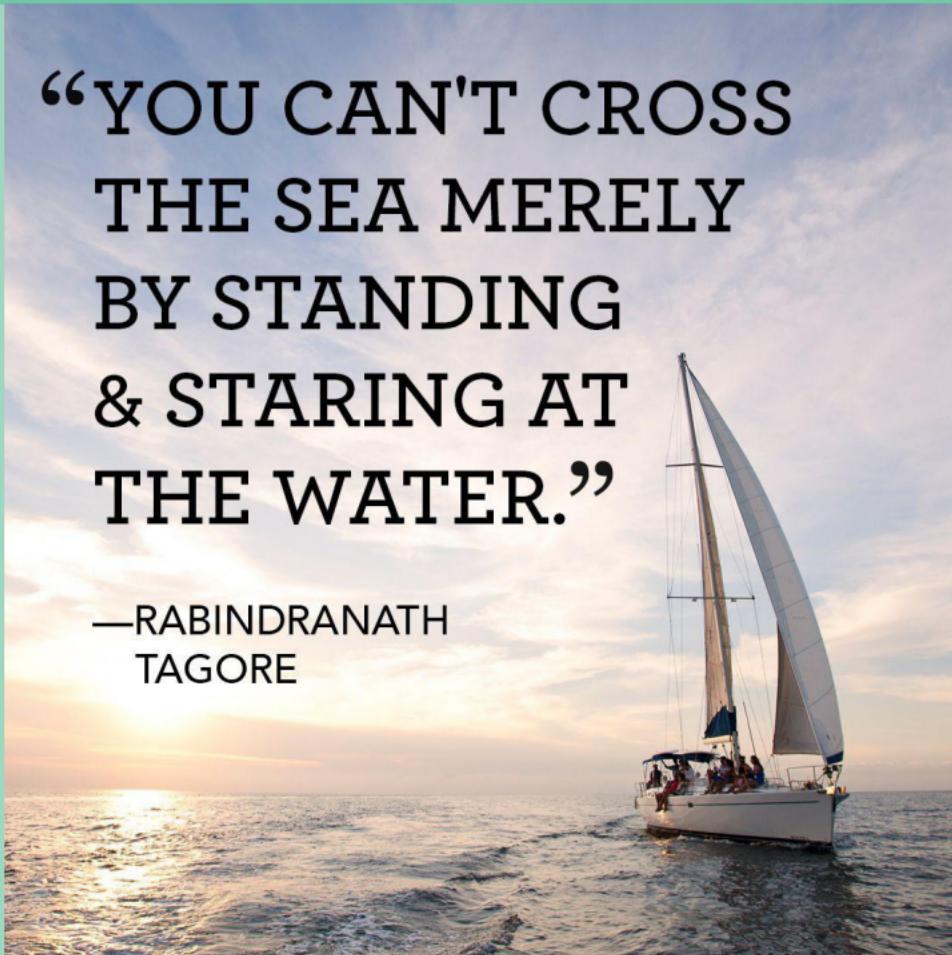
MARCH 1

Life
DOESN'T HAVE TO BE
PERFECT
TO BE
Beautiful

MARCH 2

**“YOU CAN'T CROSS
THE SEA MERELY
BY STANDING
& STARING AT
THE WATER.”**

—RABINDRANATH
TAGORE



MARCH 3

All your losses will be
made up to you in the
RESURRECTION, provided
you **continue faithful.**
By the vision of the
Almighty I have seen it.

Joseph Smith
(1805-1844)
@LoveMormonQuotes

MARCH 4

I Can
\$
I Will

MARCH 5

“Never regret anything
that made you smile,”

— Mark Twain



MARCH 6

NOW
IS THE BEST TIME
TO START BECOMING
THE PERSON
WE WANT TO BE

DIETER F. UCHTDORF

MARCH 7

IF YOU WANT SOMETHING
YOU'VE NEVER HAD, THEN
YOU'VE GOT TO DO SOMETHING
YOU'VE NEVER DONE.

MARCH 8

YOUR COMMITMENT LEVEL

IS A CHOICE.

CHOOSE TO BE

COMMITTED OR COMPELLED!

MARCH 9

{ NEVERTHELESS, }
I DID LOOK UNTO
≡ MY GOD, ≡
AND I DID
PRAISE HIM ALL
THE DAY LONG;
AND I DID NOT MURMUR
≡ AGAINST THE ≡
LORD BECAUSE
OF MINE AFFLICTIONS.
-1 NEPHI 18:16

MARCH 10



DO
WHAT
MAKES YOU
HAPPY

MARCH 10

BEFORE YOU

BEFORE YOU SPEAK, LISTEN.

BEFORE YOU WRITE, THINK.

BEFORE YOU SPEND, EARN.

BEFORE YOU INVEST, INVESTIGATE.

BEFORE YOU CRITICIZE, WAIT.

BEFORE YOU PRAY, FORGIVE.

BEFORE YOU QUIT, TRY.

BEFORE YOU RETIRE, SAVE.

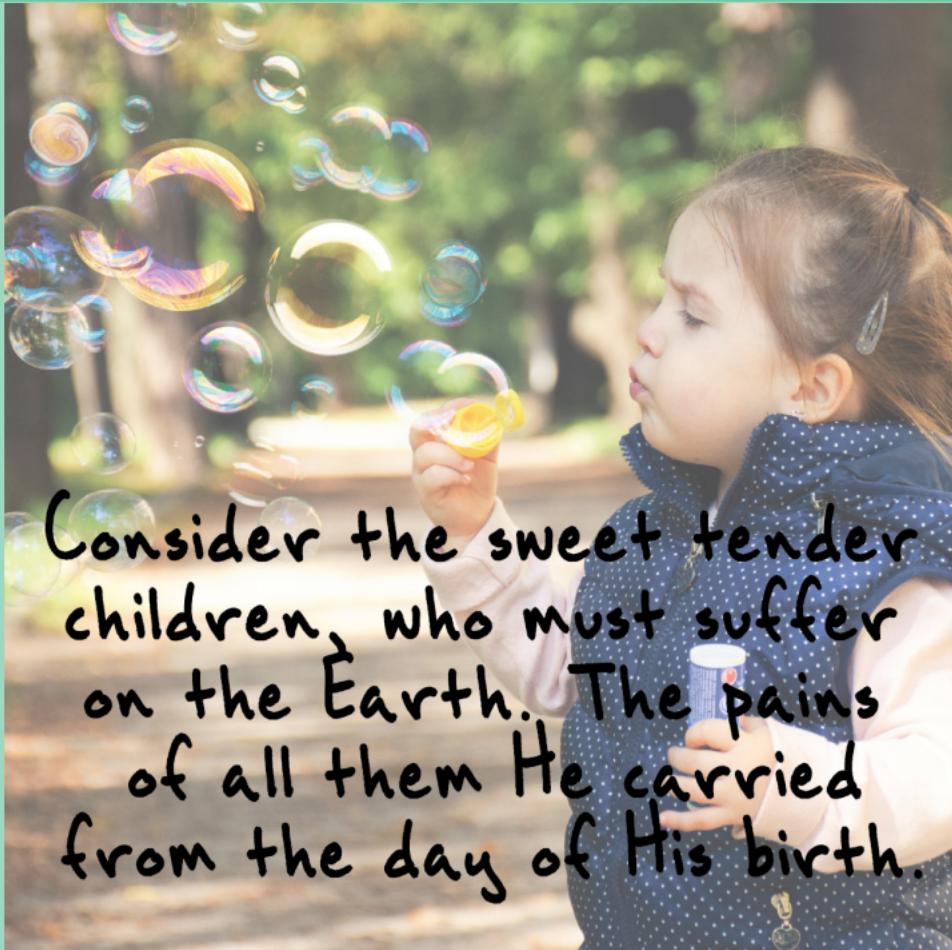
BEFORE YOU DIE, GIVE.

William Arthur Ward

@InspiringThoughts



MARCH 12



Consider the sweet tender children, who must suffer on the Earth. The pains of all them He carried from the day of His birth.

MARCH 13

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every moment with love, grace and gratitude.

DENIS WAITLEY

MARCH 14

DOUBT KILLS MORE DREAMS

THAN FAILURE EVER WILL.

— Suzy Kassem

MARCH 15

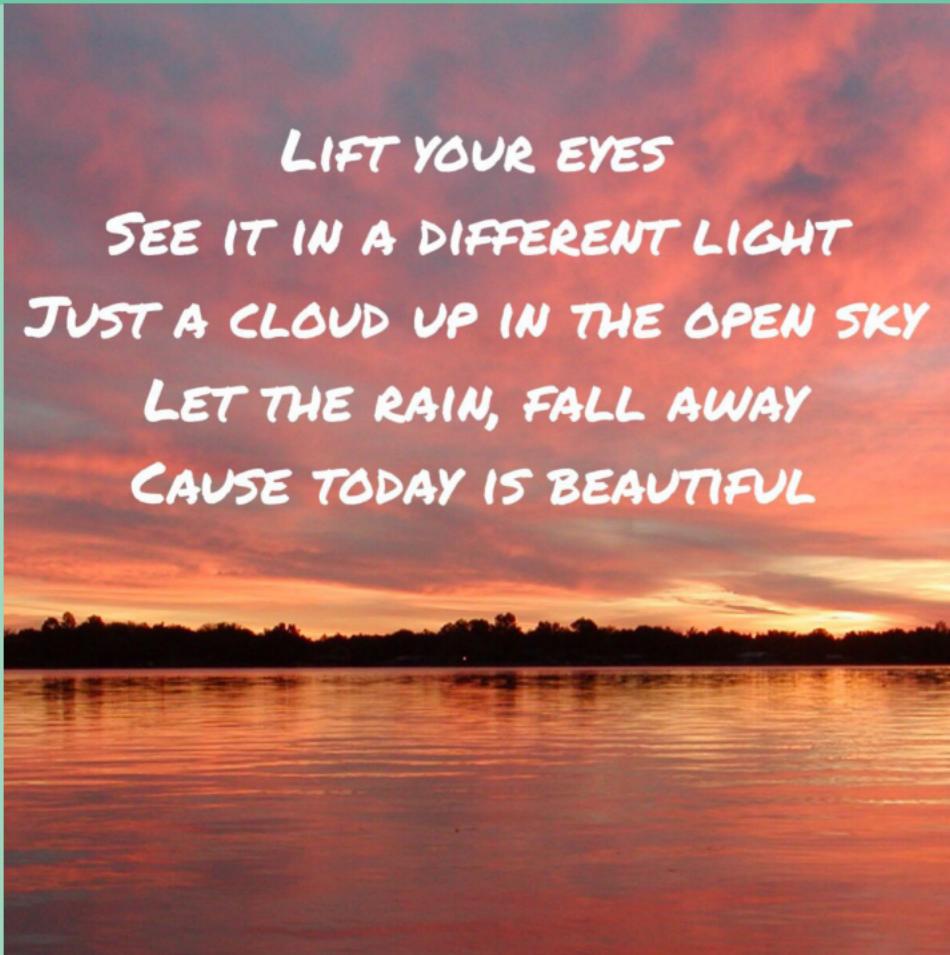


**It might have
been done before,
but it hasn't been
done by you.**

ELIZABETH GILBERT

MARCH 16

LIFT YOUR EYES
SEE IT IN A DIFFERENT LIGHT
JUST A CLOUD UP IN THE OPEN SKY
LET THE RAIN, FALL AWAY
CAUSE TODAY IS BEAUTIFUL



MARCH 17



-Emily Dickinson

MARCH 18

Note to Self:

There is a big difference between giving up and knowing when you've had enough.

- Devin C. Hughes

MARCH 19

THE FACT
THAT OUR

♥ H E A R T ♥

YEARNS FOR SOMETHING EARTH

• C A N N O T •

SUPPLY IS PROOF THAT

HEAVEN

MUST BE

OUR HOME

- C. S. Lewis -

MARCH 20

LOOK UNTO ME
IN EVERY THOUGHT;

**DOUBT NOT,
FEAR NOT.**

DOCTRINE AND COVENANTS 6:36

MARCH 21

“Rise above the
storm and you will
find the sunshine.”

- MARIO FERNÁNDEZ

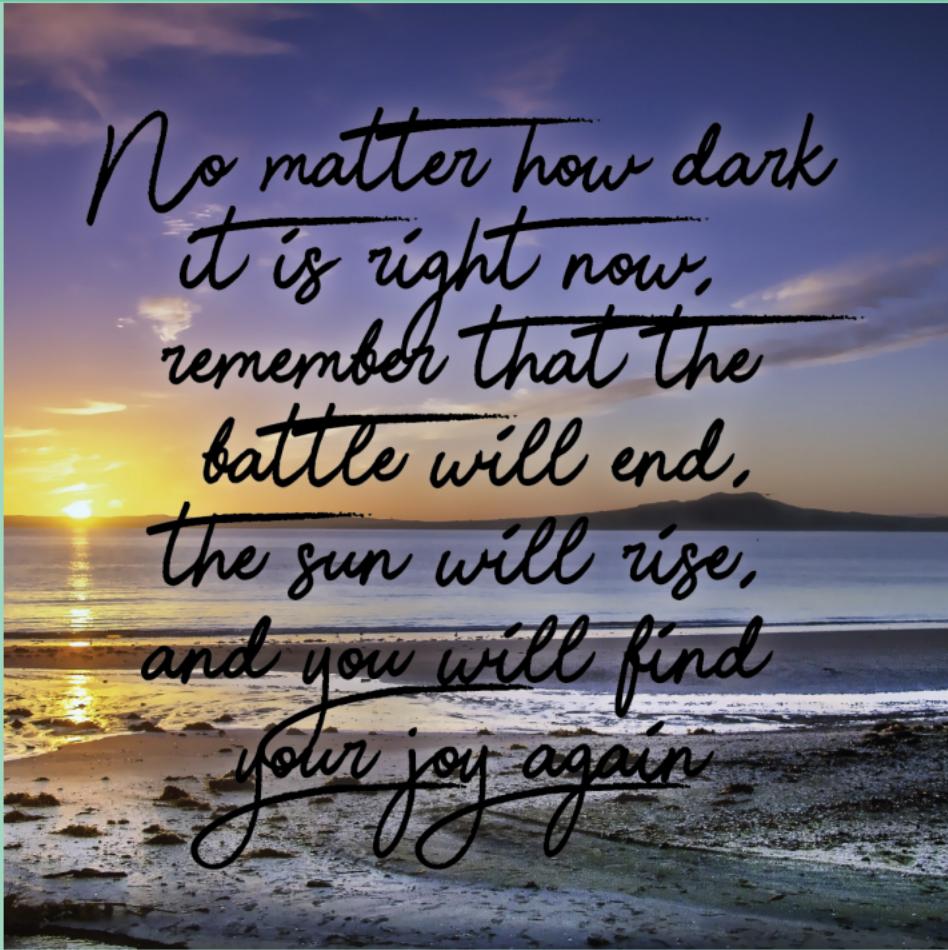
MARCH 22

“The mind
messes up
more shots
than the body.”

— **TOMMY BOLT**

MARCH 23

No matter how dark
it is right now,
remember that the
battle will end,
the sun will rise,
and you will find
your joy again



MARCH 24

“Don’t be intimidated by what you don’t know. That can be your greatest strength and ensure that you do things differently from everyone else.”

- Sara Blakely

MARCH 25

A photograph of a group of people on a wooden dock at sunset. On the left, four people stand watching; a man in a red shirt and blue shorts, a woman in a pink top and white skirt, a man in a grey tank top and dark shorts, and a woman in a green dress. To their right, a man in a black t-shirt and dark shorts is captured mid-air, having just jumped off the dock into the water. The water reflects the warm orange and pink hues of the sunset. In the background, a line of trees is silhouetted against the sky.

Life is
short,
so make it
worthwhile.

Don't spend time grieving,
just spend it with a smile.

~Muskan Kundra

MARCH 26

I'm not telling you it's going to be easy.
I'm telling you it's going to be worth it.

— Art Williams —



MARCH 27

I give unto men
weakness that they may be
humble; and my grace
is sufficient for all men that
humble themselves before Me;
for if they humble themselves before me,
and have faith in me, then will
I make weak things become
STRONG unto them.

Ether 12:27

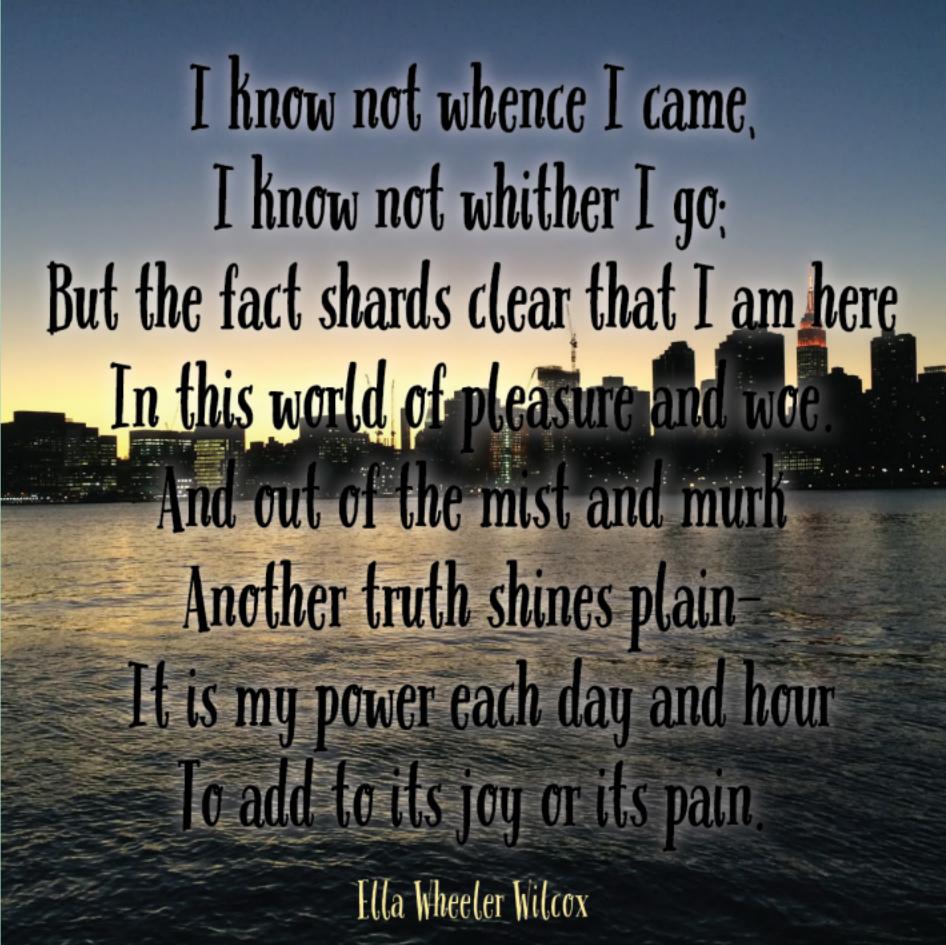
MARCH 28



**Regardless of our age,
experience, or station in
life, we are all missionaries.**

David A. Bednar

MARCH 29



I know not whence I came,
I know not whither I go;
But the fact shards clear that I am here
In this world of pleasure and woe.
And out of the mist and murk
Another truth shines plain—
It is my power each day and hour
To add to its joy or its pain.

Ella Wheeler Wilcox

MARCH 30

The most
important thing
about goals
is having one.



MARCH 31

Fight on, fighter

Don't let anyone steal your fire

Fight on, fighter

The Spirit is alive inside ya

for KING & COUNTRY



APRIL 1

*Choose
Happy*

APRIL 2

GOING THROUGH THINGS
YOU NEVER THOUGHT
YOU'D GO THROUGH
WILL ONLY TAKE YOU
PLACES YOU NEVER
THOUGHT YOU'D GET

T.D. MORGAN HARPER NICHOLS

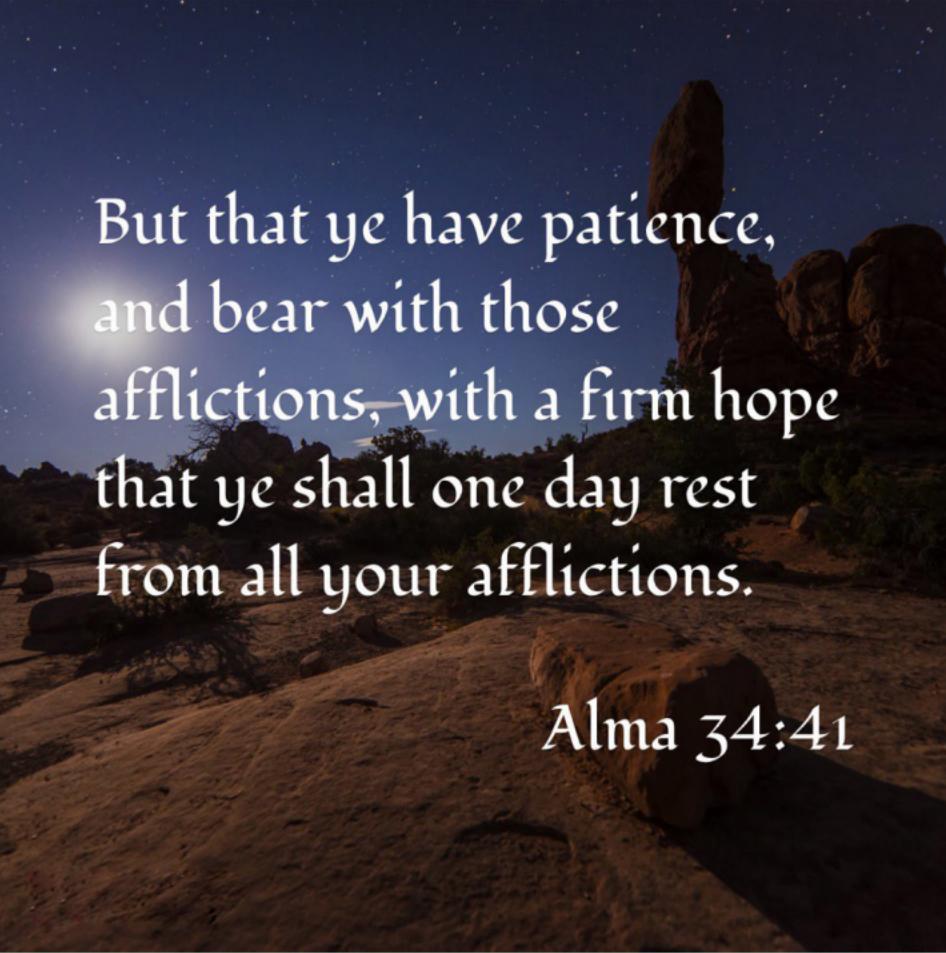
APRIL 3

Be the one who nurtures and builds. Be the one who has an understanding and a forgiving heart one who looks for the best in people. Leave people better than you found them.



~ Marvin J. Ashton

APRIL 4



But that ye have patience,
and bear with those
afflictions, with a firm hope
that ye shall one day rest
from all your afflictions.

Alma 34:41

APRIL 5

I LOVE YOUR
PETALS!

THANKS!
I FEEL LIKE
I'M BLOOMING
WAY SLOWER THAN
YOU, THOUGH.

WE'RE DIFFERENT
FLOWERS, SILLY!



APRIL 6



REMEMBER
THAT OUR HEAVENLY FATHER
AND OUR SAVIOR, JESUS CHRIST,
KNOW YOU BEST AND
LOVE YOU THE MOST.

M. RUSSELL BALLARD

APRIL 7

COME THOU FOUNT OF EVERY
BLESSING
TUNE MY  TO SING
THY GRACE
STREAMS OF MERCY
NEVER CEASING, CALL FOR
SONGS OF LOUDEST
PRAISE

APRIL 8



**FORGET WHAT HURT
YOU, BUT NEVER
FORGET WHAT IT
TAUGHT YOU**

APRIL 9

We can't direct the wind,
but we can adjust the sails.

THOMAS S. MONSON



APRIL 10

When Life
GIVES YOU
A HUNDRED REASONS
to cry,
show life that
YOU HAVE
A THOUSAND REASONS
TO SMILE.

APRIL 11

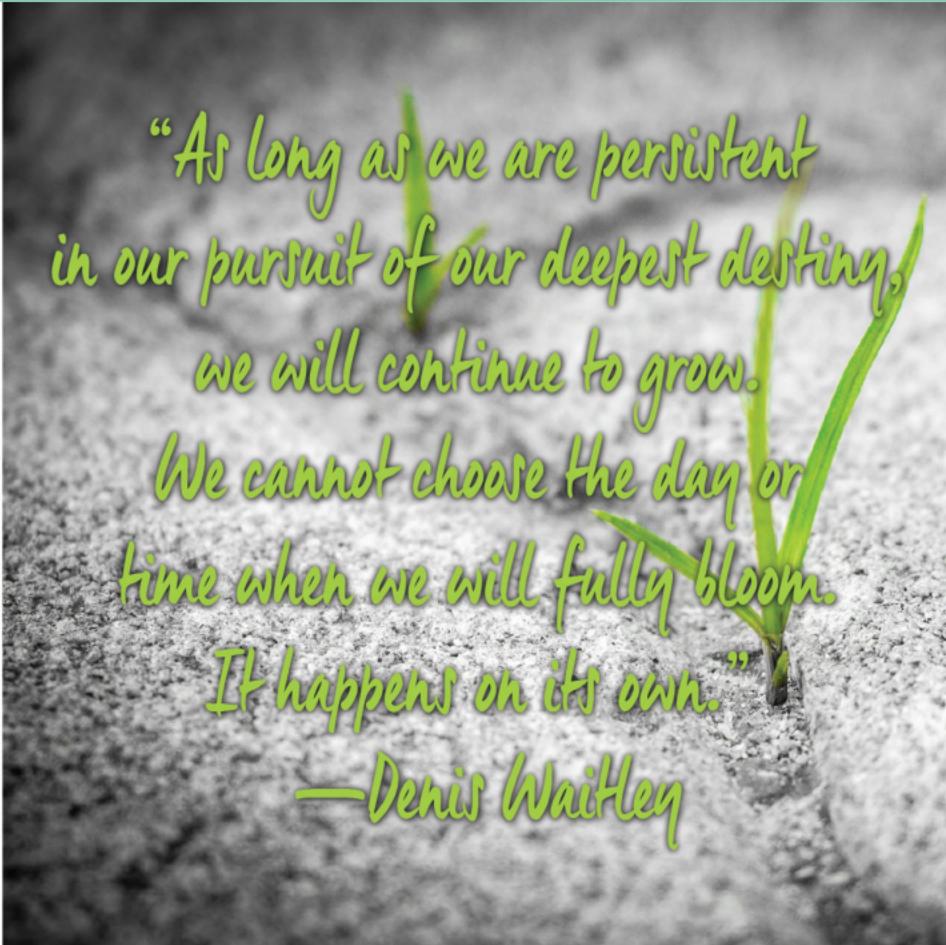
Most people are so busy
trying to get somewhere else
they never stop and appreciate
the miracles all around them.
They never stop and appreciate
the magic of the journey.



APRIL 12

never let a
STUMBLE IN THE ROAD
BE THE END OF THE
journey

APRIL 13



“As long as we are persistent
in our pursuit of our deepest destiny,
we will continue to grow.
We cannot choose the day or
time when we will fully bloom.
It happens on its own.”

—Denis Waitley

APRIL 14

**Be committed to living in
constant joy**

Pam Grout



APRIL 15

**It is not
how you start
THE RACE
or where YOU ARE
during the race
it is how you cross
THE FINISH LINE
that will matter.**

Robert D. Hales

APRIL 16



WE CAN
always
HAVE
HOPE

PRESIDENT RUSSELL M. NELSON

APRIL 17



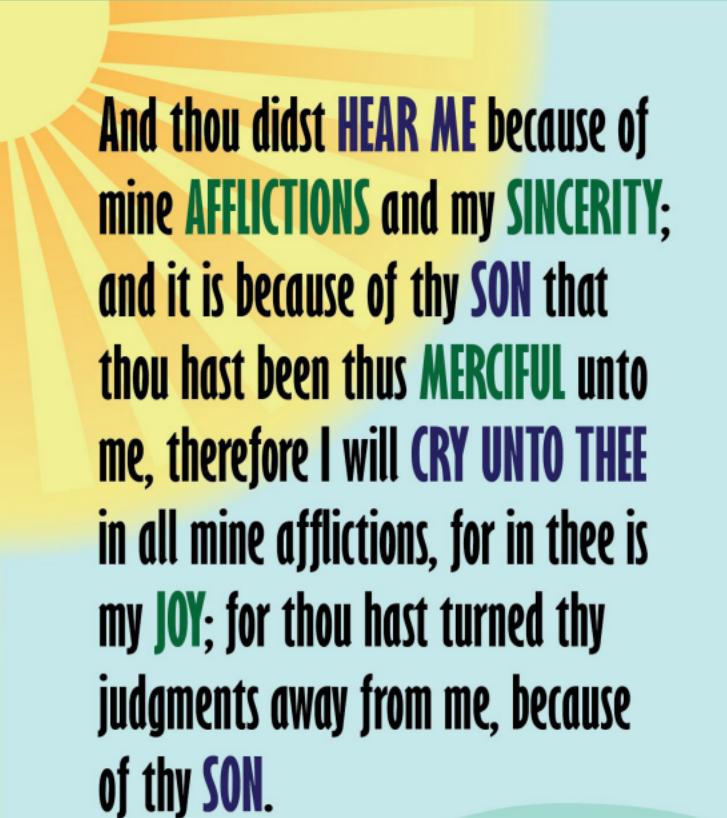
I know it's not easy, not saying
it's fair but close as a prayer
somebody cares.
You're a treasure, I hope you
know you're treasured.
So hold your head high, wait
for the dawn. Keep hanging on,
your sadness will turn into
laughter.

for KING & COUNTRY

APRIL 18

EACH NEW DAY
IS A NEW
OPPORTUNITY
TO IMPROVE
YOURSELF.
TAKE IT.
AND MAKE THE
MOST OF IT.

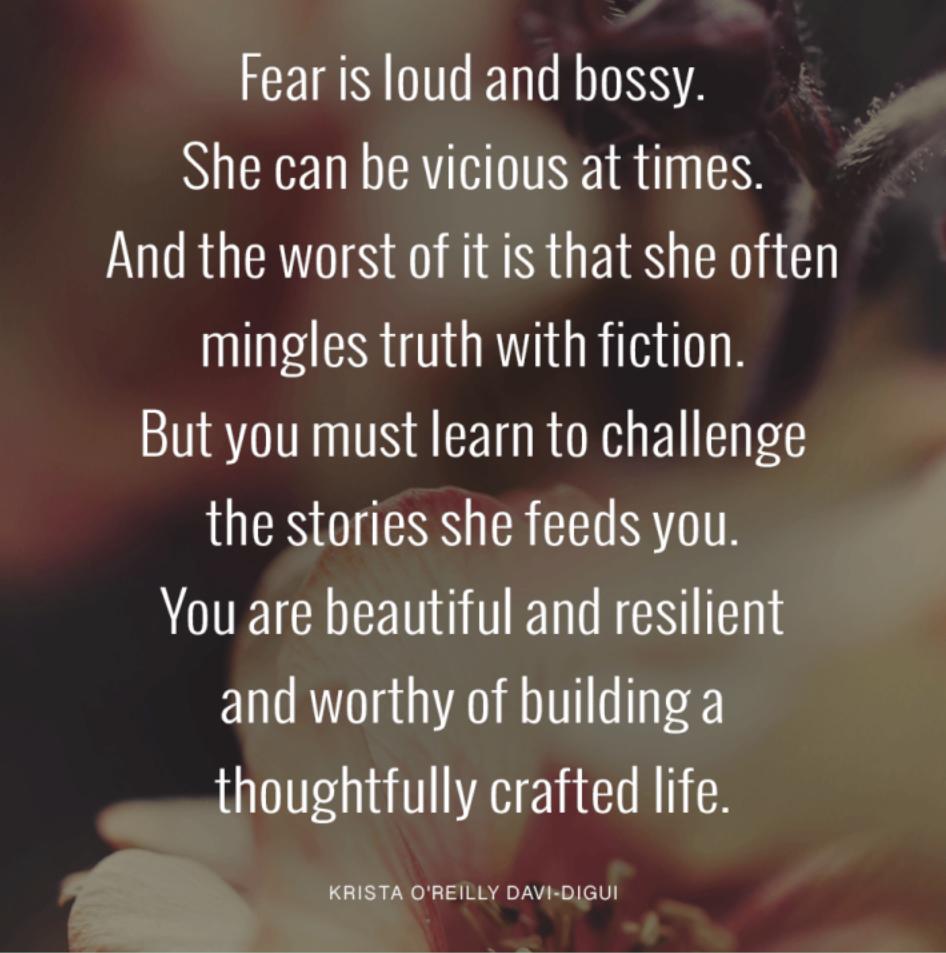
APRIL 19



And thou didst **HEAR ME** because of mine **AFFLICTIONS** and my **SINCERITY**; and it is because of thy **SON** that thou hast been thus **MERCIFUL** unto me, therefore I will **CRY UNTO THEE** in all mine afflictions, for in thee is my **JOY**; for thou hast turned thy judgments away from me, because of thy **SON**.

—Alma 33:11

APRIL 20



Fear is loud and bossy.
She can be vicious at times.
And the worst of it is that she often
mingles truth with fiction.
But you must learn to challenge
the stories she feeds you.
You are beautiful and resilient
and worthy of building a
thoughtfully crafted life.

KRISTA O'REILLY DAVI-DIGUI

APRIL 21

TODAY HAS NO IDEA
IT'S ABOUT TO MEET YOUR
AWESOME FACE.

YOU'VE GOT THIS.

-KID PRESIDENT

APRIL 22

YOU MAY
HAVE TO
FIGHT A
BATTLE
MORE
THAN
ONCE TO
WIN IT.

— MARGARET THATCHER



APRIL 23

Pollinate the world



with the pure love of
Christ.

Elder Dr Russell Ballard

APRIL 24

"My mission in life
is not merely to survive, but to

THRIVE;

and to do so with some passion,
some compassion, some humor,
and some style."

MAYA ANGELOU

APRIL 25

“Accept the challenges so that you can feel the exhilaration of victory.”

George S. Patton

APRIL 26

ALL OF
US NEED
THE SAVIOR's

ATONEMENT
to heal us.

Brent H. Nielson



All of us are lost
AND need to be
FOUND.

APRIL 27

Behold, ye are little children and ye cannot bear all things now; ye must grow in grace and in the knowledge of the truth.

Fear not, little children, for you are mine, and I have overcome the world, and you are of them that my Father hath given me;

D&C 50:40-41



APRIL 28

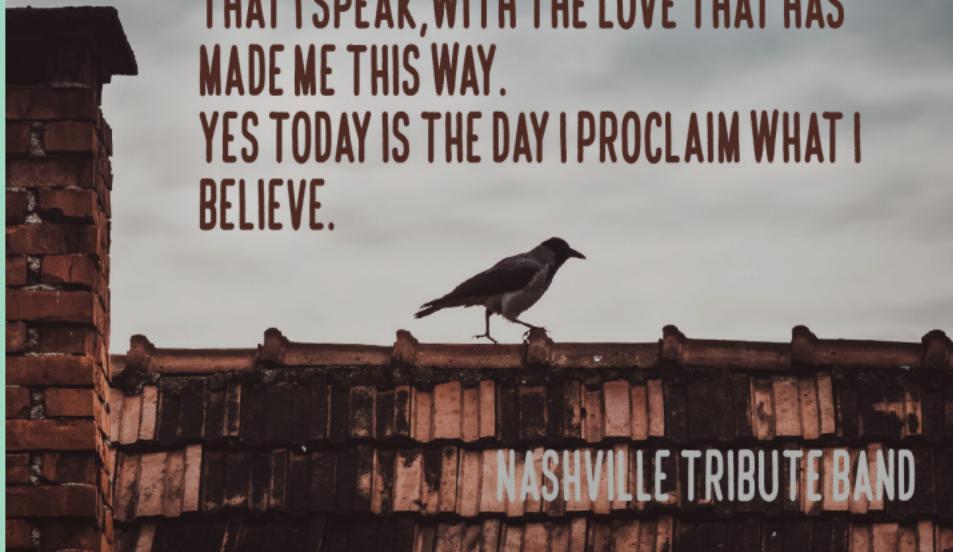


IT'S NOT HOW MUCH
WE GIVE BUT HOW
MUCH LOVE WE PUT
INTO GIVING.

MOTHER TERESA

APRIL 29

TODAY IS THE DAY I WILL OPEN MY MOUTH.
I WILL SHOUT FROM THE ROOFTOPS,
THE TRUTH WILL COME OUT.
I'LL SHARE IN MY SOUL IN THE WORDS
THAT I SPEAK, WITH THE LOVE THAT HAS
MADE ME THIS WAY.
YES TODAY IS THE DAY I PROCLAIM WHAT I
BELIEVE.



APRIL 30



**SOMETIMES WE
MUST LET GO OF
OUR PRIDE AND
DO WHAT IS
REQUESTED OF US.**

PADMÉ AMIDALA

MAY 1

I CAN DO
all things
THROUGH
Christ
WHO
STRENGTHENS ME
PHIL 4:13

MAY 2



You don't have to see
the whole staircase,
just take the first step.

Martin Luthor King Jr

MAY 3

Always Believe
Something
Wonderful
is about to
Happen

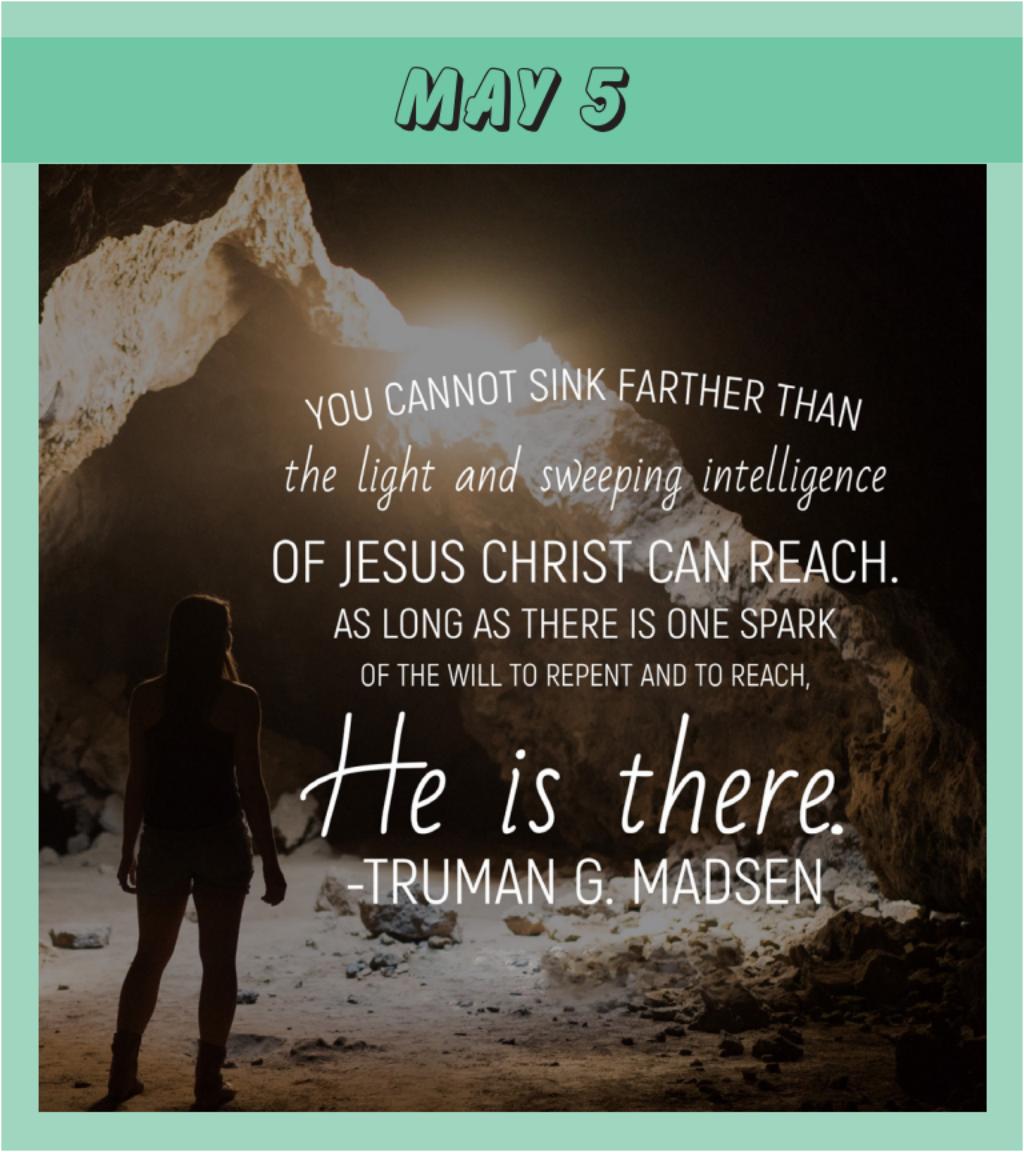
MAY 4



And now that
you don't have
to be perfect,
you can be good.

- John Steinbeck

MAY 5



YOU CANNOT SINK FARTHER THAN
the light and sweeping intelligence
OF JESUS CHRIST CAN REACH.

AS LONG AS THERE IS ONE SPARK
OF THE WILL TO REPENT AND TO REACH,

He is there.

-TRUMAN G. MADSEN

MAY 6



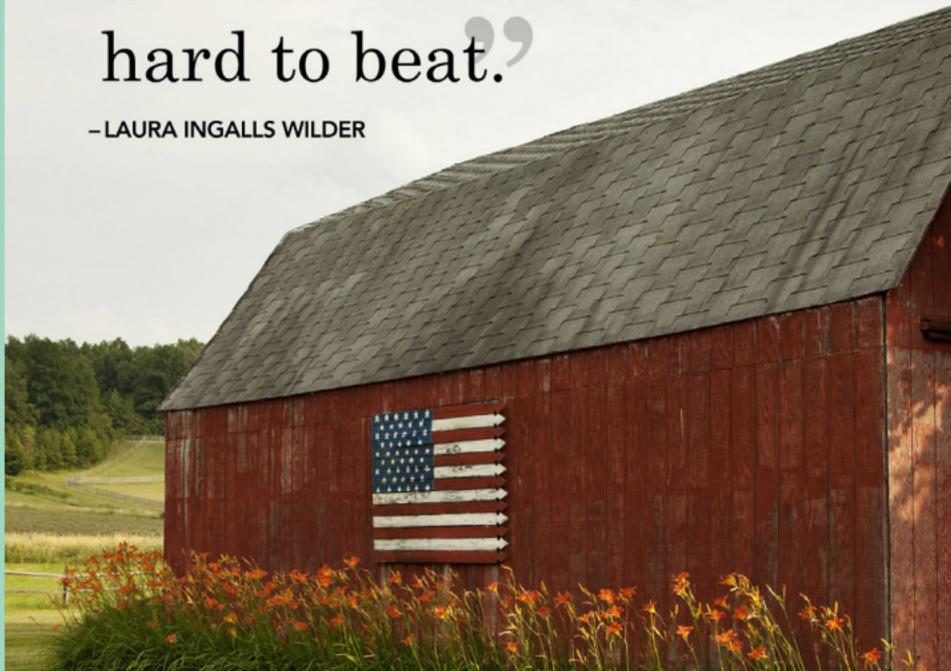
you plead my cause,
you right my wrongs,
you break my chains,
you overcome,
you gave your life,
to give me mine,
you say that i am free,
how can it be?

- lauren daigle

MAY 7

“Some old-fashioned things like fresh air and sunshine are hard to beat.”

- LAURA INGALLS WILDER



MAY 8



OFTEN AS WE EXPERIENCE
THE STORMS OF LIFE, WE
WITNESS THE LORD'S
HAND IN PROVIDING
**ETERNAL
PROTECTIONS.**

QUENTIN L. COOK

MAY 9

You is

KIND

You is

SMART

You is

IMPORTANT

MAY 10

**BEHOLD, I AM A
DISCIPLE OF
JESUS CHRIST,
THE SON OF GOD.
I HAVE BEEN
CALLED OF HIM
TO DECLARE HIS
WORD AMONG HIS
PEOPLE, THAT
THEY MIGHT HAVE
EVERLASTING
LIFE.**

3 Nephi 5:13

MAY 11

Be JOYFUL ^{always}
PRAY continually
^{give} THANKS ^{in all}
circumstances
for this is God's will
for you in Christ Jesus.

I THESSALONIANS 5:16-18

MAY 12

Prove yourself
to yourself,
not others.

MAY 13



Sometimes your song will
be louder than the sound
of your cries,
and your hellos will make you
forget about all the goodbyes.
This is the reason why at the end,
passing through the twists and bends,
and waiting out the storm
is worth it...and necessary.

MAY 14

There is hope, even when your brain
tells you there isn't.

John Green

MAY 15

A landscape photograph showing a vast, sandy beach in the foreground. In the middle ground, dark, silhouetted hills rise against a hazy, light blue sky. The overall atmosphere is serene and contemplative.

If you don't risk
anything, you risk
even more.

Erica Jong

MAY 16

“REMEMBER, HE KNOWS ALL
THE THINGS WE DON’T
WANT ANYONE ELSE
TO KNOW ABOUT US—
AND LOVES US STILL.”

• GERRIT W. GONG •



MAY 17

A photograph showing two hands holding lit sparklers. The background is a dark blue sunset or night sky with some orange and yellow highlights. The sparklers are bright and glowing, with sparks flying off them.

WRITE IT ON YOUR HEART
THAT EVERY DAY IS THE
BEST DAY IN THE YEAR.

Ralph Waldo Emerson

MAY 18

WHAT FEELS LIKE

The End

IS OFTEN THE

Beginning



MAY 19

And now, my sons, **REMEMBER**,
remember that it is upon

THE ROCK OF OUR REDEEMER

who is

Christ, the Son of God,
that ye must build your

FOUNDATION:

that when the devil shall send forth
his mighty winds, yea, his shafts in the whirlwind,
yeah, when all his hail and his mighty storm

shall beat upon you, it shall have no power over you

to drag you down to the
gulf of misery and endless wo,
because of the rock
upon which ye are built,
which is a sure foundation,



A FOUNDATION WHEREON

IF MEN BUILD THEY CANNOT FALL.

MAY 20



The Lord knows
where **EACH PIECE**
belongs so that it fits
into **THE PLAN.**

-Elder Rafael E. Pino

MAY 21

THE HARDER
YOU WORK
FOR SOMETHING,
THE GREATER
YOU'LL FEEL
WHEN YOU
ACHIEVE IT.



MAY 22

*Standing in your ruins,
feels a lot like the end.*

*So used to losing,
you're afraid to try again.*

*Right now all you see are ashes
Where there was a flame.*

*The truth is that you're not forgotten
Because Grace knows your name.*

Tauren Wells

MAY 23



DON'T TAKE
COUNSEL
FROM YOUR
fears.

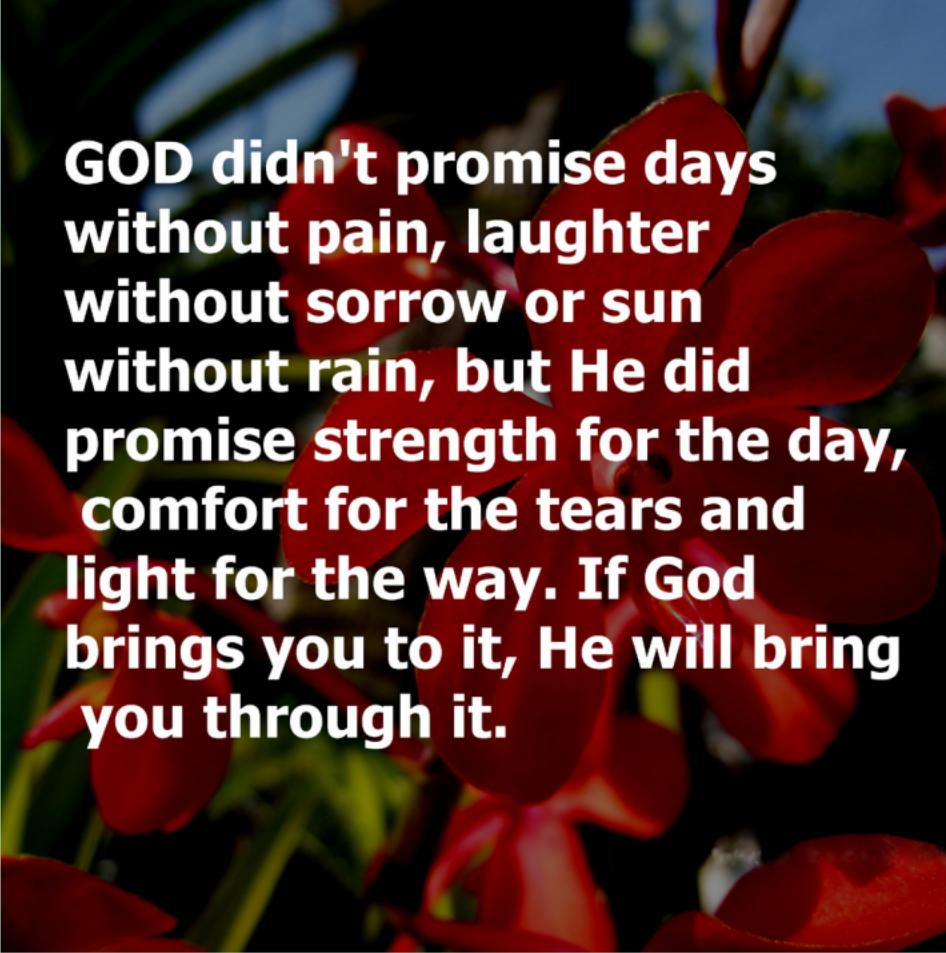
MAY 24

IT DOES NOT
MATTER HOW
SLOWLY YOU
GO AS LONG
AS YOU DO
NOT STOP

~ CONFUCIUS ~

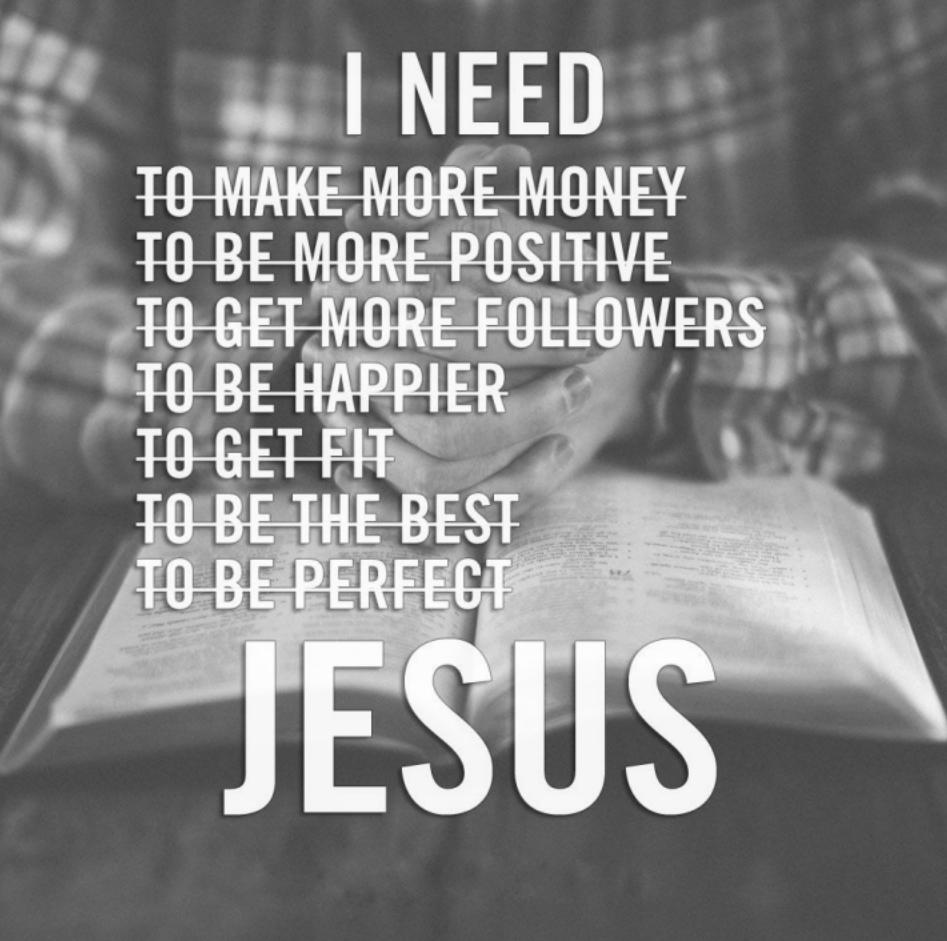


MAY 25



**GOD didn't promise days
without pain, laughter
without sorrow or sun
without rain, but He did
promise strength for the day,
comfort for the tears and
light for the way. If God
brings you to it, He will bring
you through it.**

MAY 26



I NEED
TO MAKE MORE MONEY
TO BE MORE POSITIVE
TO GET MORE FOLLOWERS
TO BE HAPPIER
TO GET FIT
TO BE THE BEST
TO BE PERFECT

JESUS

MAY 27

And now, behold, I say unto you, that the thing which will be of the most worth unto you will be to declare repentance unto this people, that you may bring souls unto me, that you may rest with them in the kingdom of my Father. Amen.

D&C 16:6

MAY 28

HAVING THE RIGHT
MINDSET & ATTITUDE
CAN LITERALLY
CHANGE YOUR LIFE.

MAY 29

"COME AS YOU ARE,"

a loving Father says
to each of us,
but He adds:

**"DON'T PLAN TO
STAY AS YOU ARE."**

Jeffrey R. Holland
LDS General Conference, April 2017

MAY 30

think positive

feel positive

live positive

MAY 31

OH, HEAR MY PRAYER TONIGHT
I'M SINGING TO THE SKY
GIVE ME STRENGTH TO RAISE MY
VOICE, LET ME TESTIFY
OH, HEAR MY PRAYER TONIGHT
CAUSE THIS IS DO OR DIE
THE TIME HAS COME TO MAKE CHOICE
AND I CHOOSE JOY

JUNE 1



**IN ANY GIVEN
MOMENT WE
HAVE TWO
OPTIONS: TO
STEP FORWARD
INTO GROWTH
OR TO STEP
BACK INTO SAFETY.**

Abraham Maslow

JUNE 2

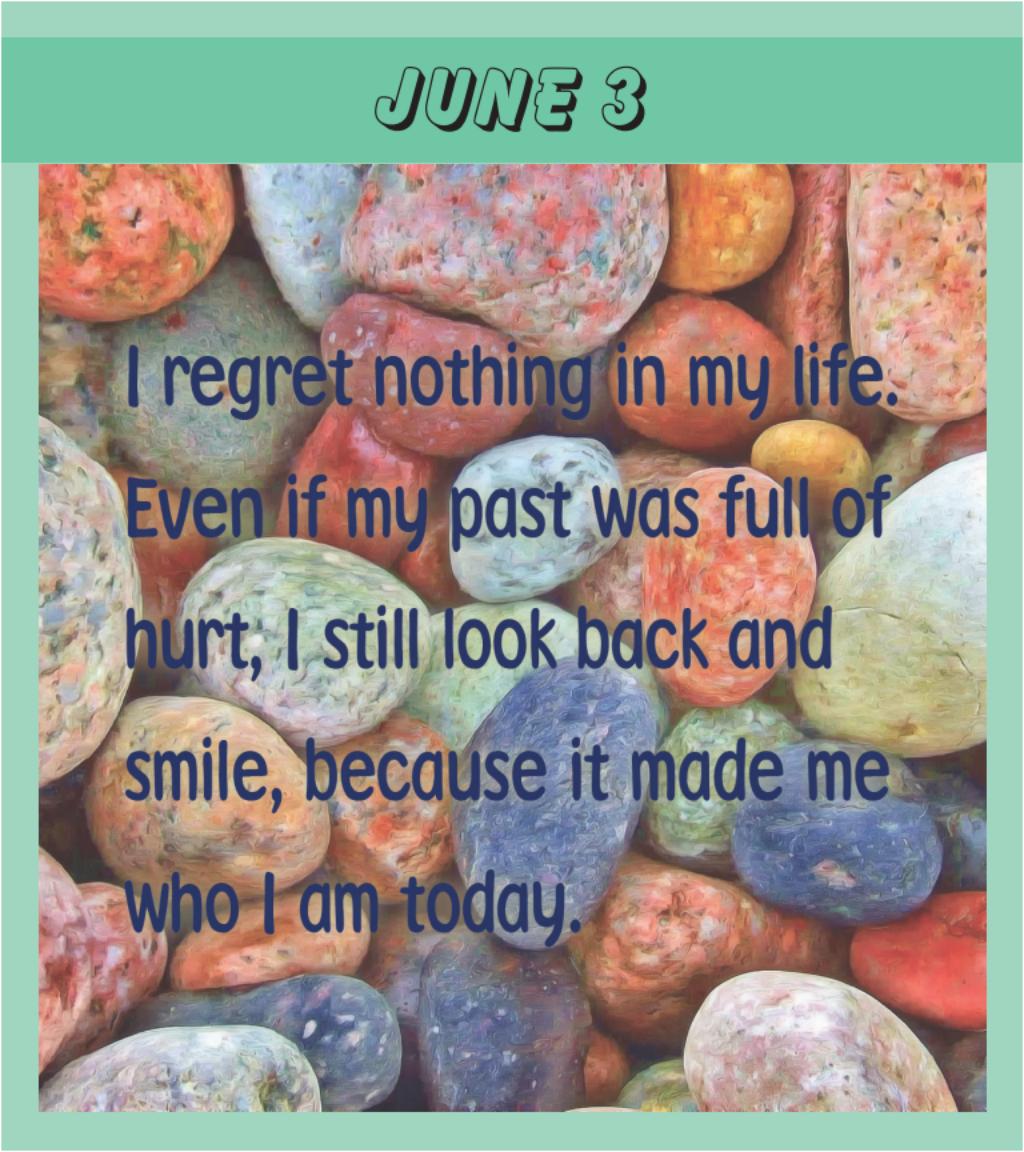


He will lift you and guide you. He will not always take your afflictions from you, but He will comfort and lead you with love through whatever storm you face.

Thomas S. Monson



JUNE 3



I regret nothing in my life.
Even if my past was full of
hurt, I still look back and
smile, because it made me
who I am today.

JUNE 4



**A GOAL
WITHOUT A PLAN
IS JUST A WISH**

ANTOINE DE SAINT EXUPERY

JUNE 5

MAY YOU TRUST THAT YOU ARE
EXACTLY WHERE YOU ARE MEANT TO BE.
MAY YOU BE CONTENT WITH YOURSELF
JUST THE WAY YOU ARE. LET THIS KNOWLEDGE
SETTLE INTO YOUR BONES AND ALLOW YOUR
SOUL THE FREEDOM TO

sing, dance, praise & love



JUNE 6



embrace uncertainty

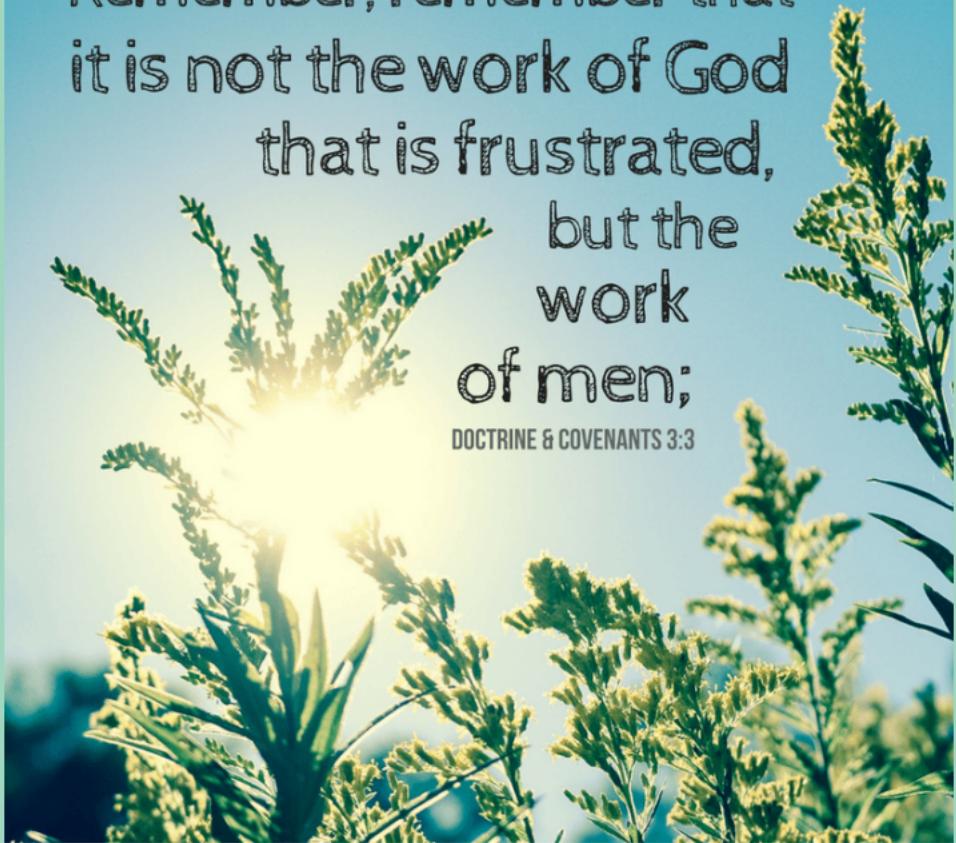
some of the most beautiful chapters in our lives
won't have a title until much later

bob goff

JUNE 7

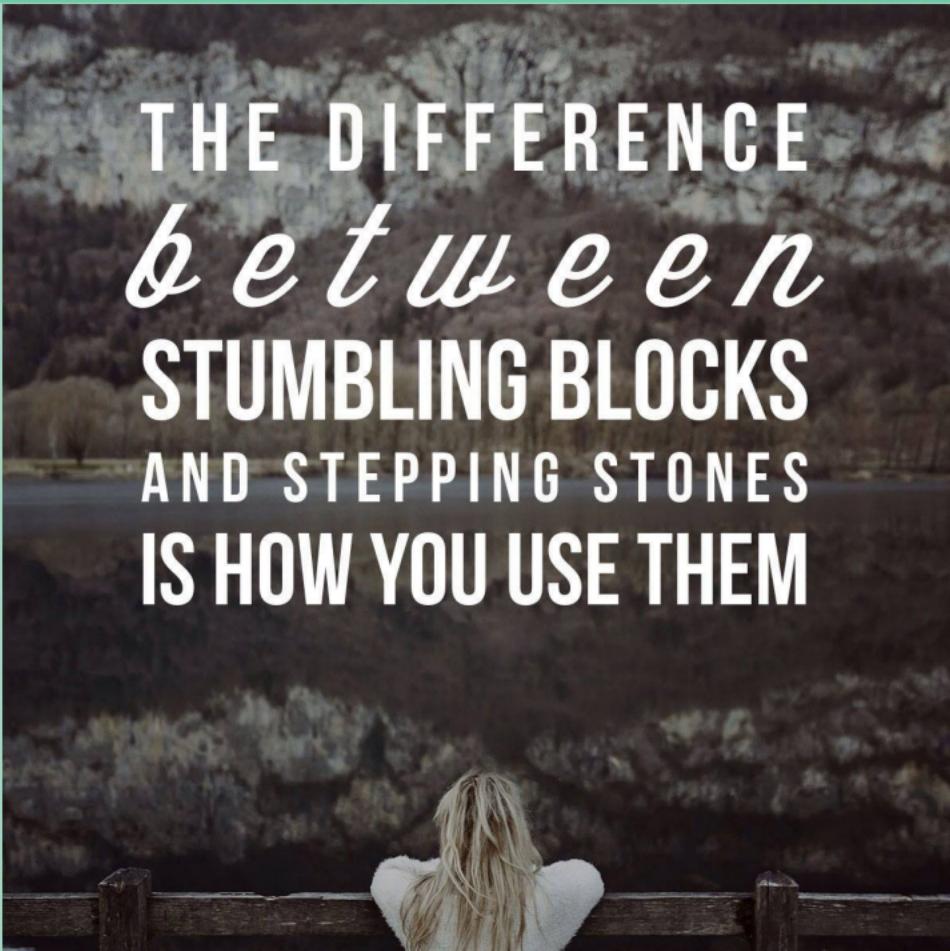
Remember, remember that
it is not the work of God
that is frustrated,
but the
work
of men;

DOCTRINE & COVENANTS 3:3



JUNE 8

THE DIFFERENCE
between
STUMBLING BLOCKS
AND STEPPING STONES
IS HOW YOU USE THEM



JUNE 9

Your love has value
Greater
Than you
Could ever know

-Erin Plewes

JUNE 10



*I've looked into eyes
so lost who've waited for
the words I speak.
I've seen Christ's light shine
through their hearts and
heal up every scar as tears of
joy roll down their cheeks.*

Nashville Tribute Band

JUNE 11

*She leaves
a little
sparkle
wherever
she goes*



JUNE 12

A photograph of a mountainous landscape. In the foreground, a dirt path winds its way up a grassy hillside. The middle ground shows more of the hillside with patches of green and yellow grass. In the background, there are more mountains, some with rocky peaks and others covered in green vegetation. The sky is overcast with grey clouds.

NEVER MAKE A DECISION
TO TURN BACK WHEN
YOU'RE IN THE MIDDLE
OF CLIMBING A HILL.

ELAINE S. DALTON

JUNE 13

we fall.

we break.

WE FAIL.

but

= then. =

WE RISE.

we heal.

WE
OVERCOME.



JUNE 14

You are
capable of
AMAZING
things.

JUNE 15

Hope is the thing with
feathers that perches
in the soul &
sings the tune
without the words and
NEVER stops
at all.



- Emily Dickinson

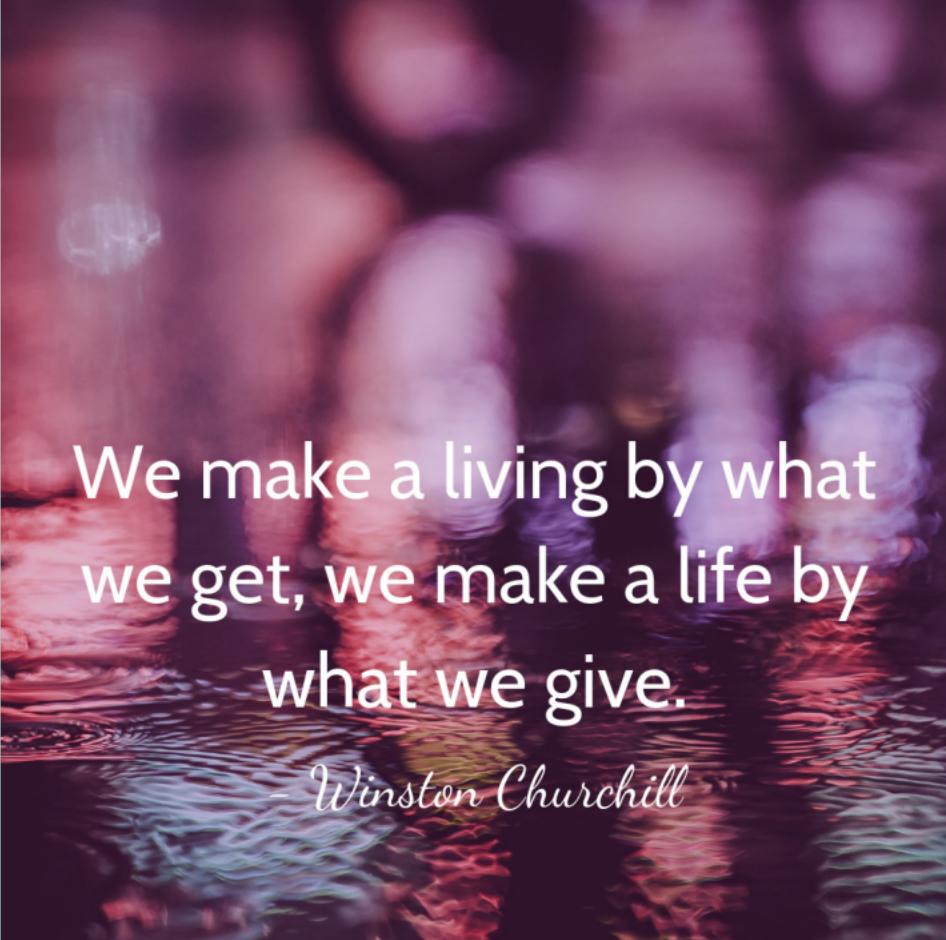
JUNE 16



There is more to come,
and there is more to you.

Morgan Harper Nichols

JUNE 17



We make a living by what
we get, we make a life by
what we give.

- Winston Churchill

JUNE 18

**KNOW WHAT
SPARKS THE LIGHT
IN YOU. THEN USE
THAT LIGHT TO
ILLUMINATE
THE WORLD.**

- OPRAH WINFREY

JUNE 19

“

No one ever
injured their
eyesight by
looking on the
bright side.

”

JUNE 20

Yea,
COME UNTO
CHRIST,
AND BE
PERFECTED
IN HIM.

MORONI 10:32

JUNE 21



GOD IS ON OUR SIDE.
HE LOVES US
AND WHEN WE STUMBLE,
HE WANTS US TO
RISE UP, TRY AGAIN,
& BECOME STRONGER.

-DIETER F. UCHTDORF-

JUNE 22

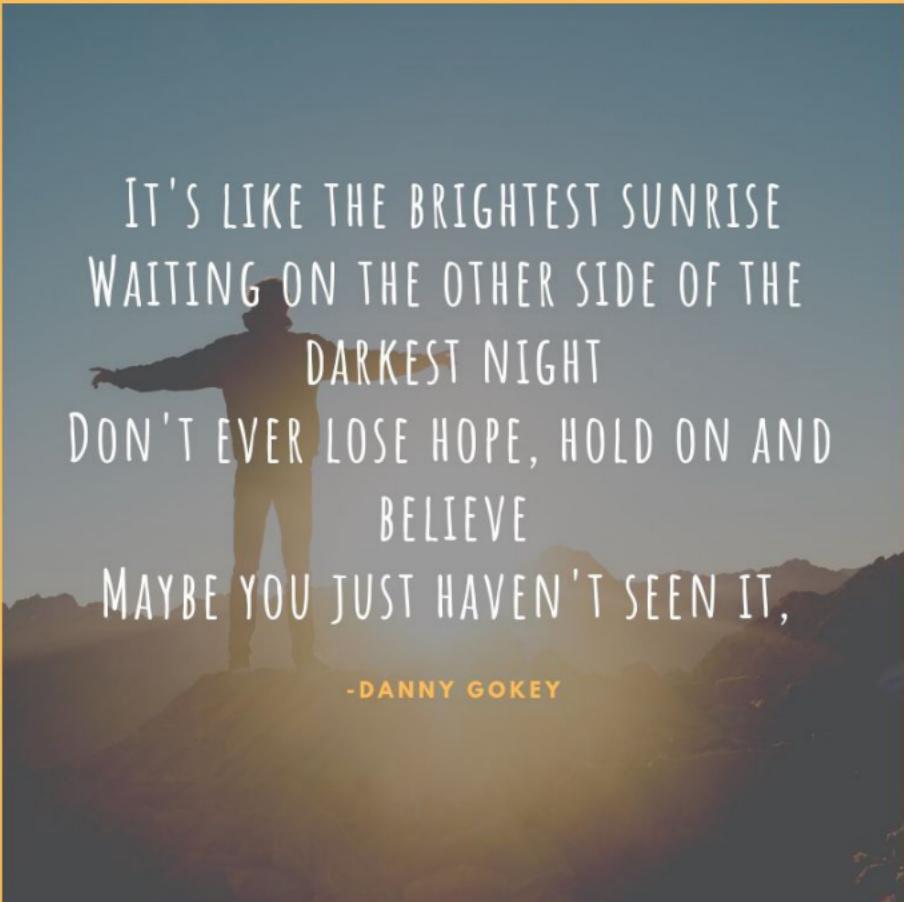
Your Best

If you always try your best
Then you'll never have to wonder
About what you could have done
If you'd summoned all your thunder.

And if your best
Was not as good
As you hoped it would be,
You still could say,
“I gave today
All that I had in me.”

From “Suzie Bitner Was Afraid of the Drain”
by Barbara Vance

JUNE 23

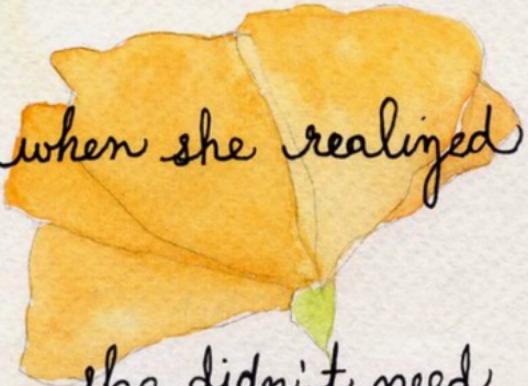


IT'S LIKE THE BRIGHTEST SUNRISE
WAITING ON THE OTHER SIDE OF THE
DARKEST NIGHT
DON'T EVER LOSE HOPE, HOLD ON AND
BELIEVE
MAYBE YOU JUST HAVEN'T SEEN IT,

-DANNY GOKEY

JUNE 24

what a revelation it was



when she realized

she didn't need

to settle.

subin

JUNE 25

*Create whatever
causes a
revolution
in your heart*

ELIZABETH GILBERT



JUNE 26



GRATITUDE CAN
TRANSFORM COMMON DAYS
INTO THANKSGIVINGS, TURN
ROUTINE JOBS INTO JOY, AND
CHANGE ORDINARY
OPPORTUNITIES
INTO BLESSINGS.

WILLIAM ARTHUR WARD

JUNE 27

Dear God,

Please untie the knots in my mind, my heart and my life.

Remove the have nots, the can nots, and the do nots
that I have in my mind.

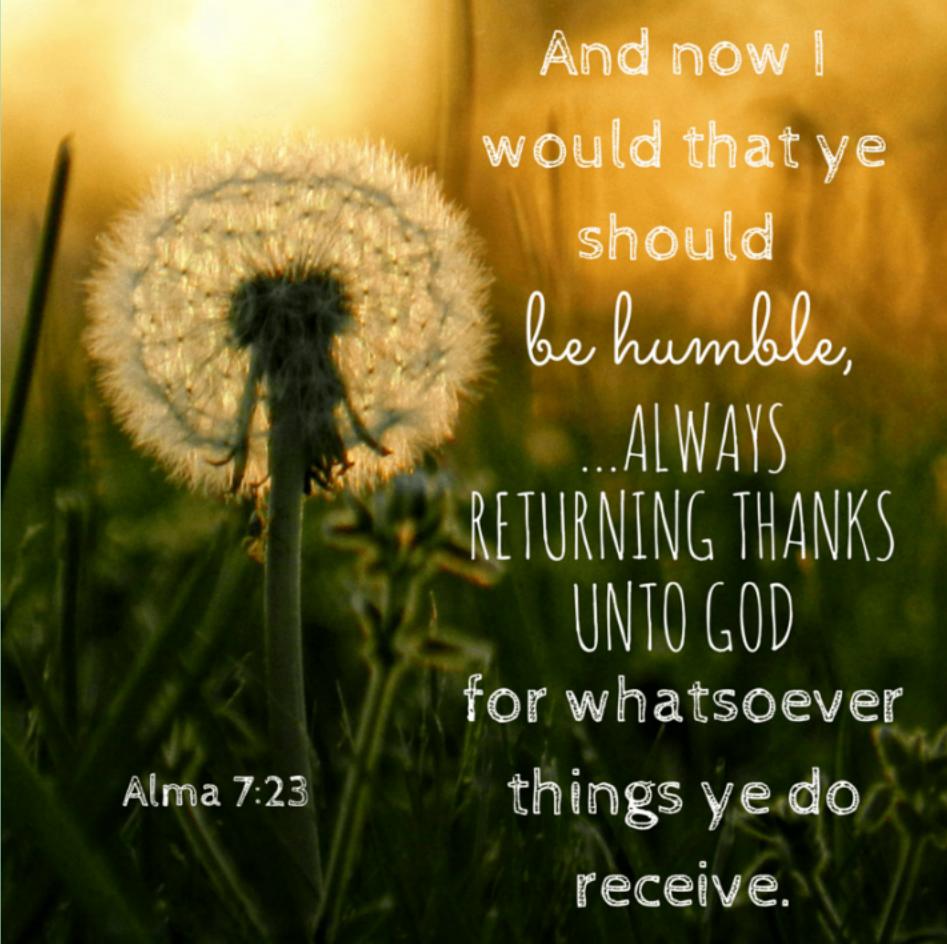
Erase the will nots, may nots, and the might nots that found
a home in my heart.

Release me from the could nots, the would nots, and the
should nots that obstruct my life.

And most of all, Dear God, I ask that you remove
from my mind, my heart, and my life all of the "am nots"
that I have allowed to hold me back, especially the thought
that I am not good enough.

Amen

JUNE 28



And now I
would that ye
should
be humble,
...ALWAYS
RETURNING THANKS
UNTO GOD
for whatsoever
things ye do
receive.

Alma 7:23

JUNE 29

When things get tough just don't
forget that somewhere in the
distance you'll see the sun
shining



JUNE 30

MANDY HALE:

HAVE *faith* IN YOUR JOURNEY.
EVERYTHING HAD TO HAPPEN EXACTLY
AS IT DID TO GET YOU WHERE
YOU'RE GOING NEXT!

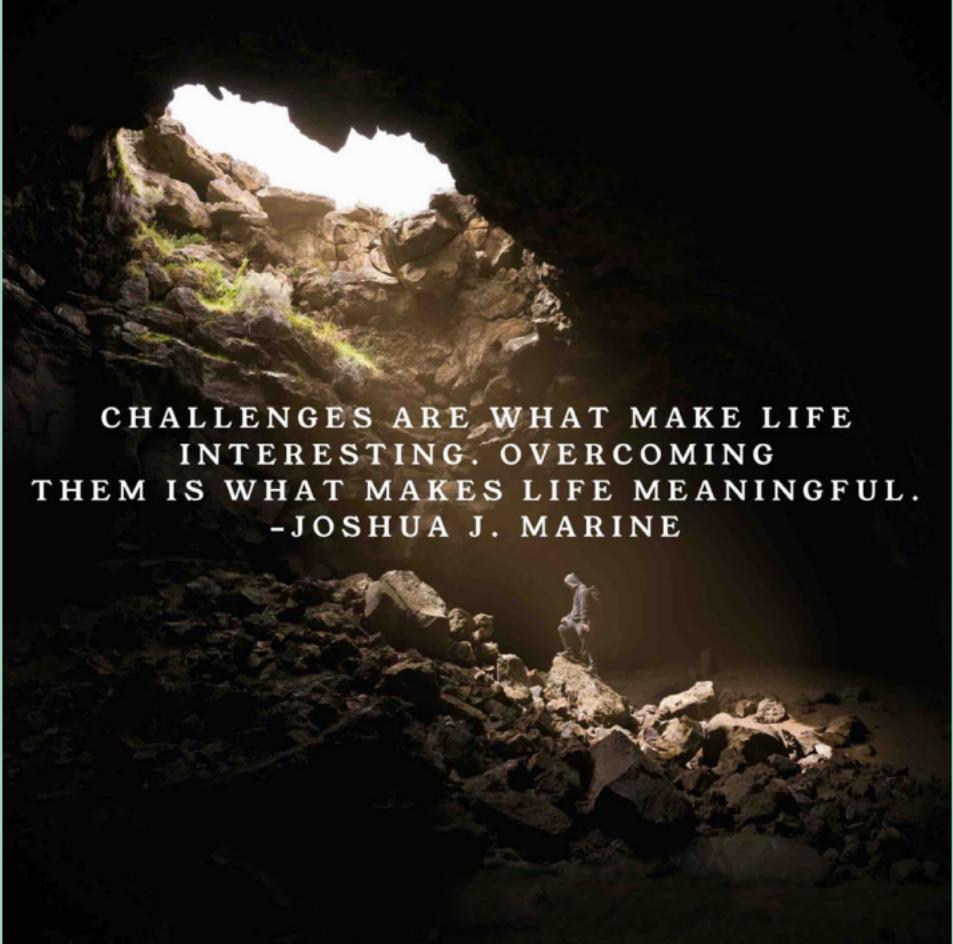
JULY 1

ATTITUDE

It's your attitude,
not your aptitude,
that determines your altitude in life.

— DAVE DEAN

JULY 2



CHALLENGES ARE WHAT MAKE LIFE
INTERESTING. OVERCOMING
THEM IS WHAT MAKES LIFE MEANINGFUL.
- JOSHUA J. MARINE

JULY 3

If ye have faith
ye can do all things
which are expedient unto me.

Moroni 10:23



JULY 4

SHE BELIEVED SHE COULD

SO
SHE
DID



JULY 5



**"Visualization
works if you work
hard...You can't
just visualize and go
eat a sandwich"**

JIM CARREY

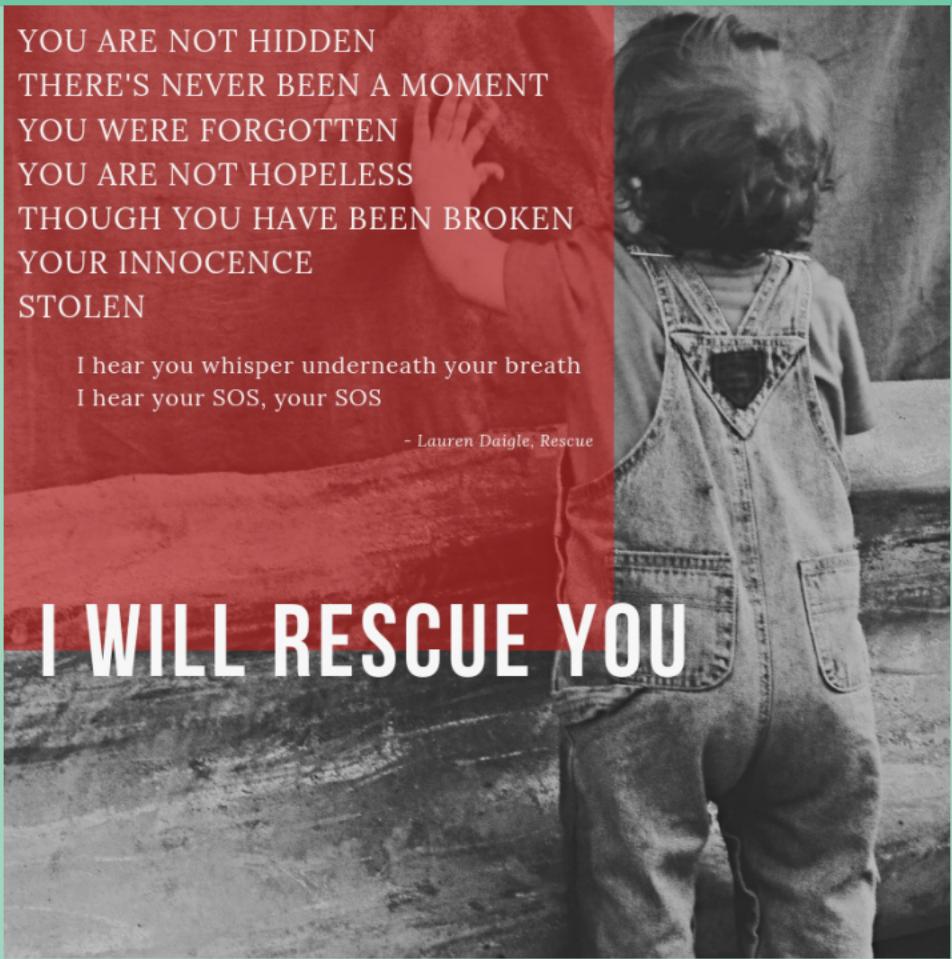
JULY 6

YOU ARE NOT HIDDEN
THERE'S NEVER BEEN A MOMENT
YOU WERE FORGOTTEN
YOU ARE NOT HOPELESS
THOUGH YOU HAVE BEEN BROKEN
YOUR INNOCENCE
STOLEN

I hear you whisper underneath your breath
I hear your SOS, your SOS

- Lauren Daigle, Rescue

I WILL RESCUE YOU



JULY 7



**KEEP YOUR FACE
ALWAYS TOWARD THE
SUNSHINE—AND
SHADOWS WILL FALL
BEHIND YOU.**

WALT WHITMAN

JULY 8



"OUR GREATEST
GLORY IS NOT IN
NEVER FALLING, BUT
IN RISING EVERY
TIME WE FALL."

-CONFUCIUS

JULY 9

EVERYTHING
WILL BE
OKAY



JULY 10

Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not-quite, the not-yet, the not-at-all. Do not let the hero in your soul perish, in lonely frustration for the life you deserved, but have never been able to reach. . . . The world you desired can be won, it exists, it is real, it is possible, it's yours.

—Ayn Rand



JULY 11



RELYING ON GOD
HAS TO BEGIN ALL
OVER AGAIN
EVERY DAY AS IF
NOTHING HAD
YET BEEN DONE.

-C.S. LEWIS

JULY 12

FOR WITH GOD

**NOTHING SHALL
BE IMPOSSIBLE.**

LUKE 1:37



JULY 13

So far,
you've survived
100%
of your worst days.
You're doing great.

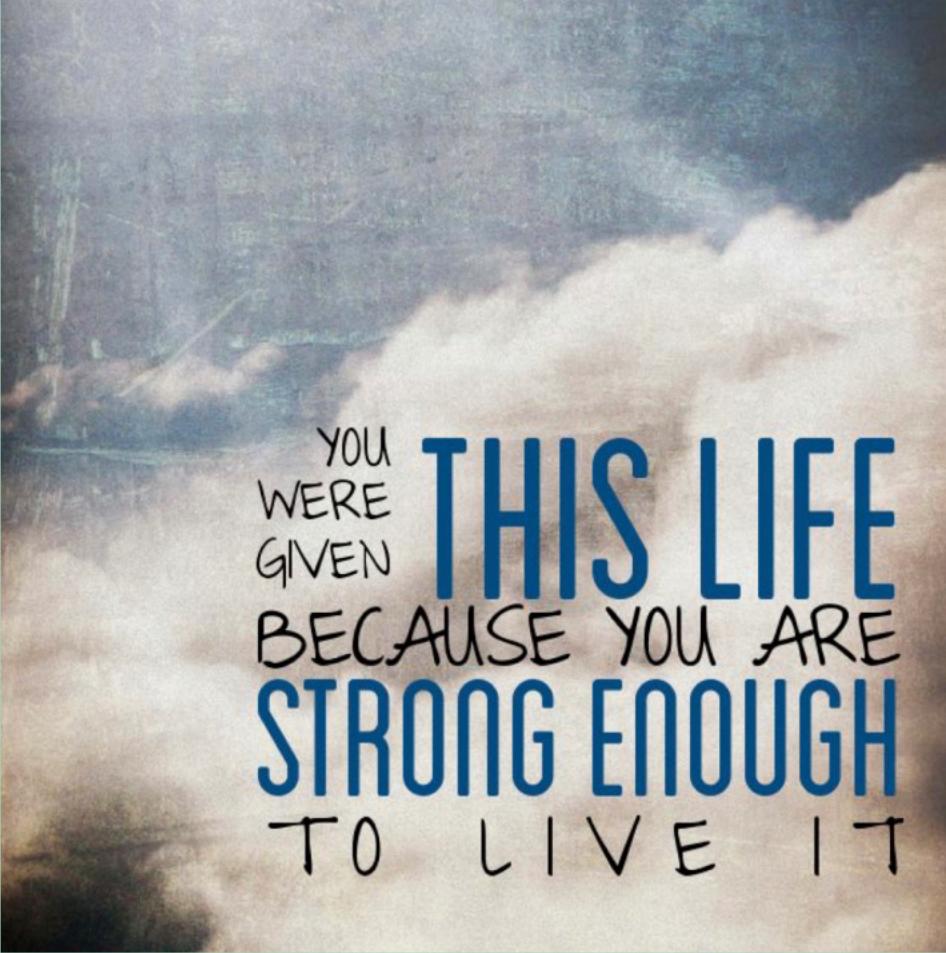


JULY 14

“TO EXPERIENCE PEACE DOES NOT MEAN THAT YOUR LIFE IS BLISSFUL. IT MEANS THAT YOU ARE CAPABLE OF TAPPING INTO A BLISSFUL STATE OF MIND AMIDST THE NORMAL CHAOS OF A HECTIC LIFE.”

- JILL BOTTE TAYLOR

JULY 15



YOU
WERE
GIVEN
THIS LIFE
BECAUSE YOU ARE
STRONG ENOUGH
TO LIVE IT

JULY 16

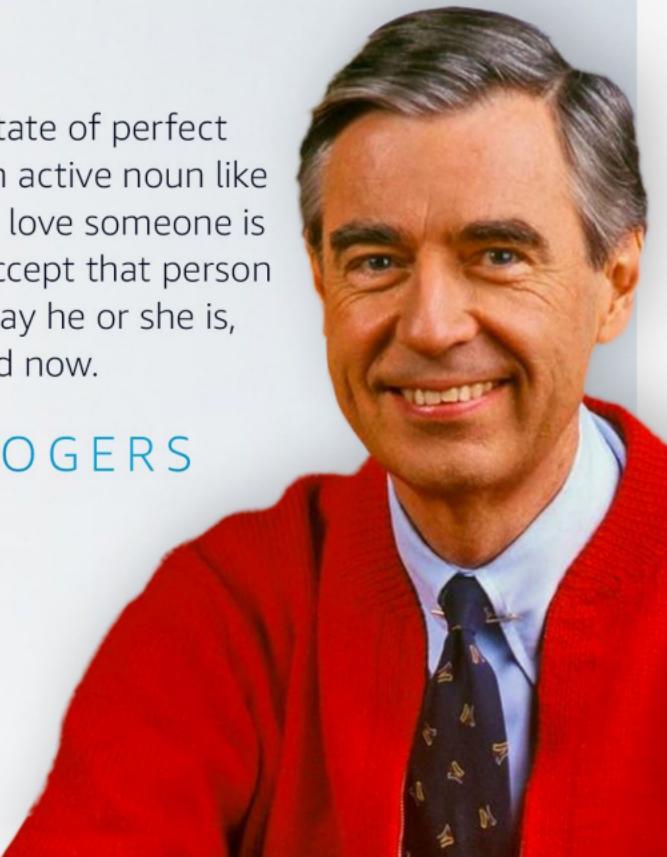
*IF YOU NEVER FAILED,
YOU NEVER TRIED
ANYTHING NEW.*



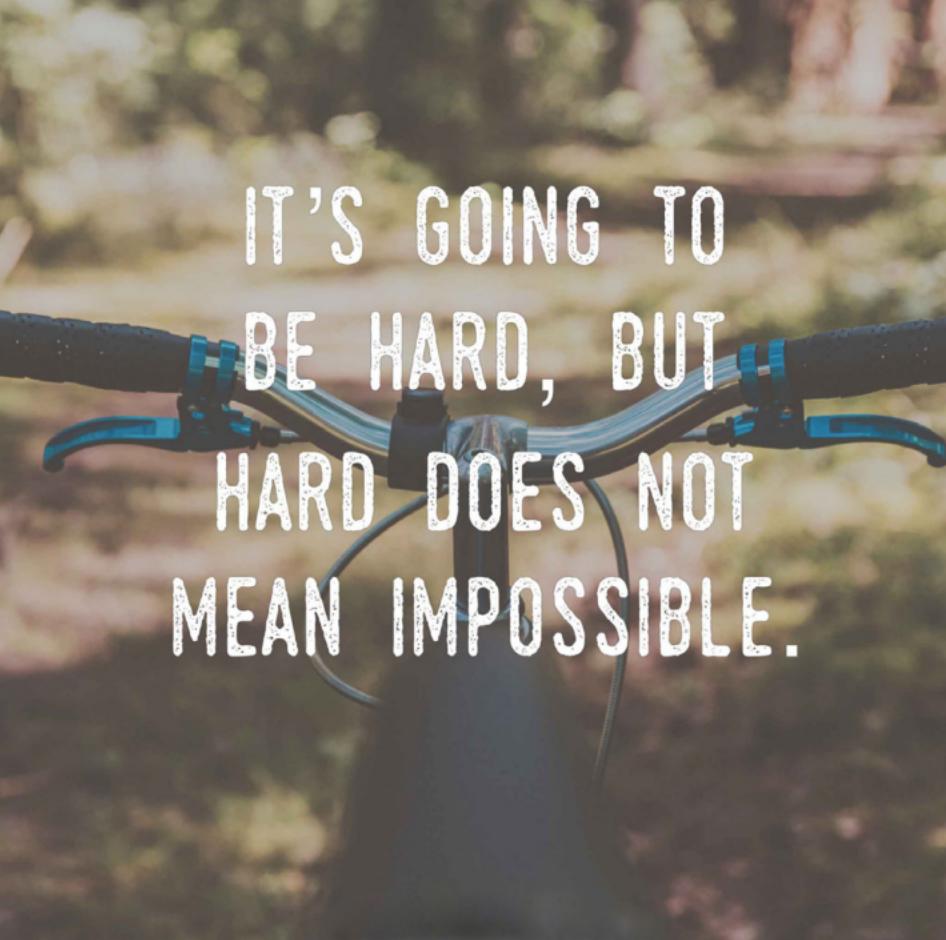
JULY 17

Love isn't a state of perfect caring. It is an active noun like "struggle." To love someone is to strive to accept that person exactly the way he or she is, right here and now.

FRED ROGERS

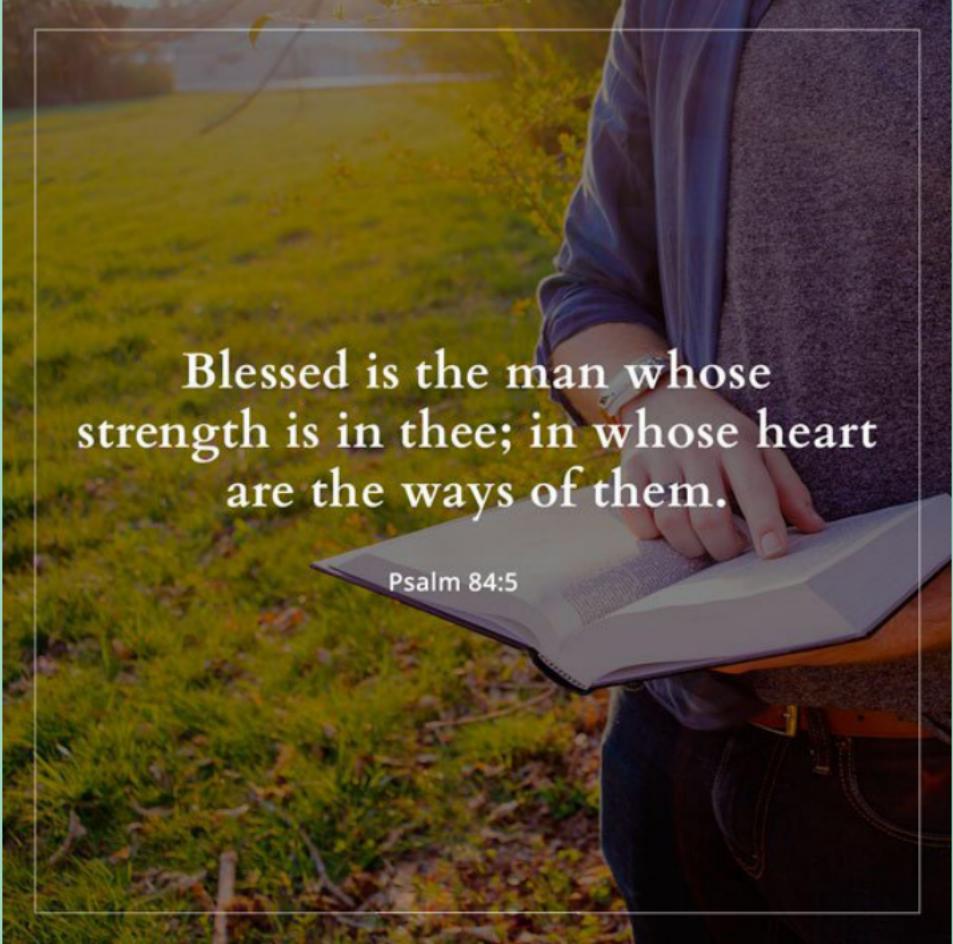


JULY 18



IT'S GOING TO
BE HARD, BUT
HARD DOES NOT
MEAN IMPOSSIBLE.

JULY 19

A photograph of a person's hands holding an open Bible. The person is wearing a blue long-sleeved shirt and dark jeans. The background shows a grassy field with fallen leaves and a path in the distance. A thin white rectangular frame surrounds the central text.

Blessed is the man whose
strength is in thee; in whose heart
are the ways of them.

Psalm 84:5

JULY 20



One day,
all of these mortal burdens
will pass away
and there will be
no more pain.

Daffin H. Oaks

JULY 21

The Gardener

Mary Oliver

Have I lived enough?

Have I loved enough?

Have I considered Right Action enough,
 have I come to any conclusion?

Have I experienced happiness with
 sufficient gratitude?

Have I endured loneliness with grace?

I say this, or perhaps I'm just thinking it.

 Actually, I probably think too much.

Then I step out into the garden,
where the gardener, who is said to be a simple
man, is tending his children, the roses.

JULY 22



When we are lukewarm
or partially committed,
we lose out on some of
heaven's choicest blessings.

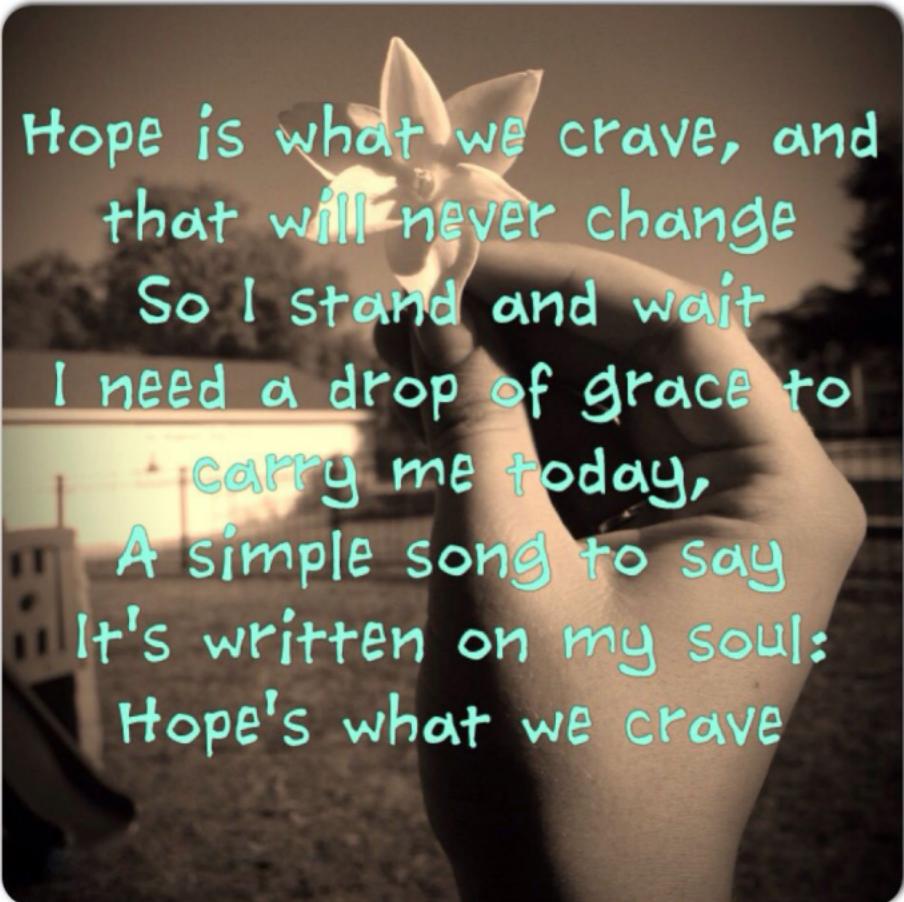
Gary B. Sabin

JULY 23



life begins
AT THE END
- of your -
COMFORT ZONE

JULY 24



Hope is what we crave, and
that will never change
So I stand and wait
I need a drop of grace to
carry me today,
A simple song to say
It's written on my soul:
Hope's what we crave

JULY 25

“YOUR **FUTURE** IS CREATED BY WHAT
YOU DO { **TODAY** }
NOT { **TOMORROW** ”}

JULY 26

Try to be a



someone's

CLOUD

JULY 27

“

Knowing where you are going and how
you expect to get there can bring meaning,
purpose and accomplishment to life.

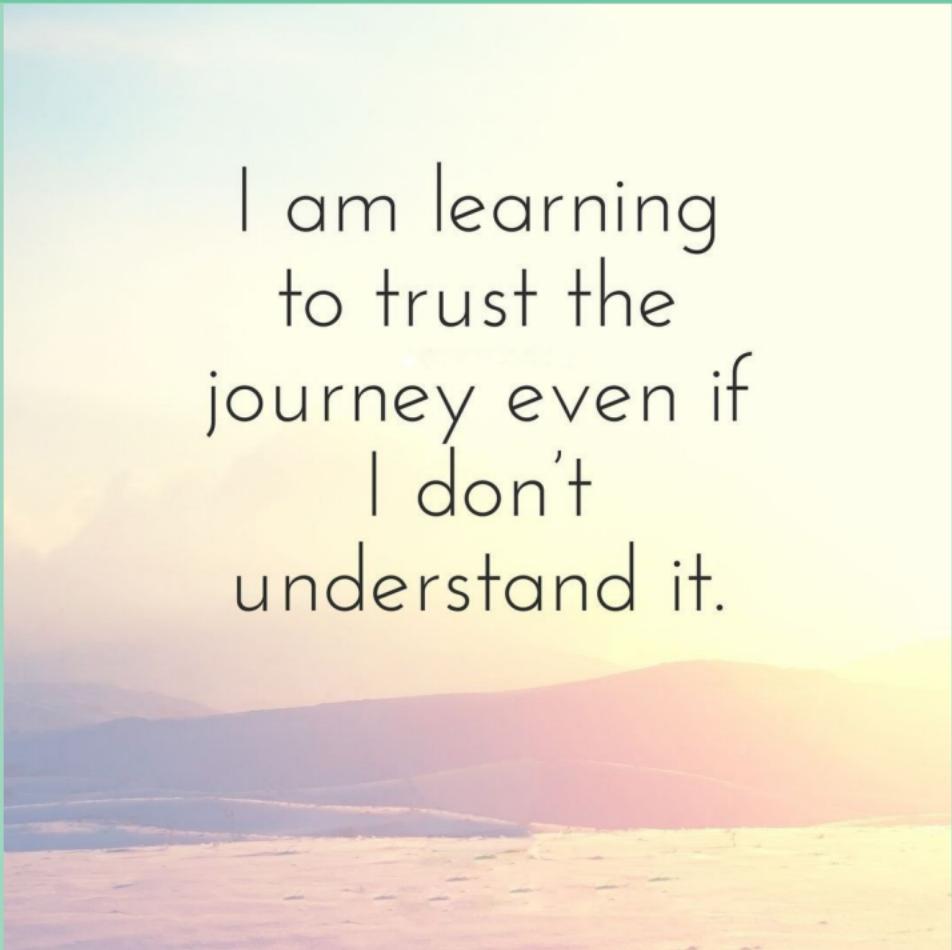
”



Elder Ballad

JULY 28

I am learning
to trust the
journey even if
I don't
understand it.



JULY 29

DO ONE THING
EVERY DAY
THAT SCARES
YOU.

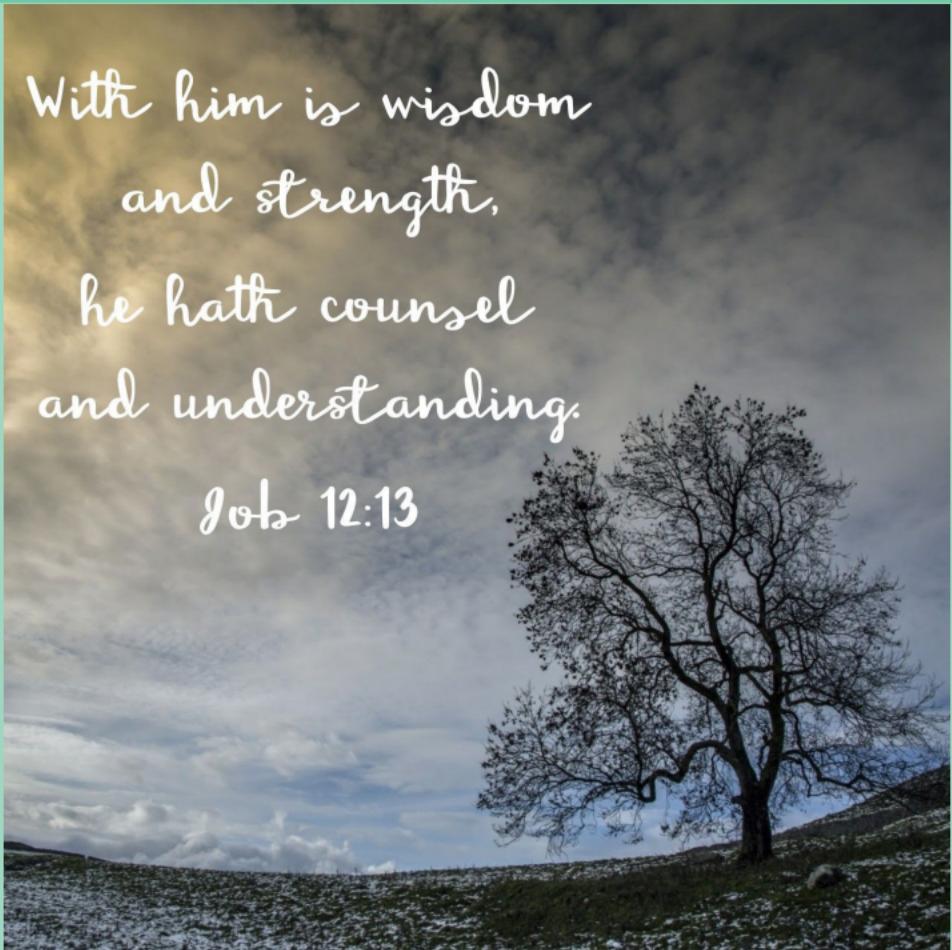


{ ELEANOR ROOSEVELT }

JULY 30

With him is wisdom
and strength,
he hath counsel
and understanding.

Job 12:13



JULY 31

**GOD DOESN'T CARE NEARLY
AS MUCH ABOUT
WHERE YOU HAVE BEEN
AS HE DOES ABOUT
WHERE YOU ARE &
WITH HIS HELP
WHERE YOU ARE
WILLING TO GO.**

JEFFREY R. HOLLAND

AUGUST 1

stop seeking out the
storms
and enjoy more
fully the
sunlight

-Gordon B. Hinckley

AUGUST 2



THE CHALLENGE
IS NOT TO
BE PERFECT...
IT'S TO BE WHOLE.

JANE FONDA



AUGUST 3

IN ORDER TO BE

irreplacable

ONE MUST ALWAYS BE

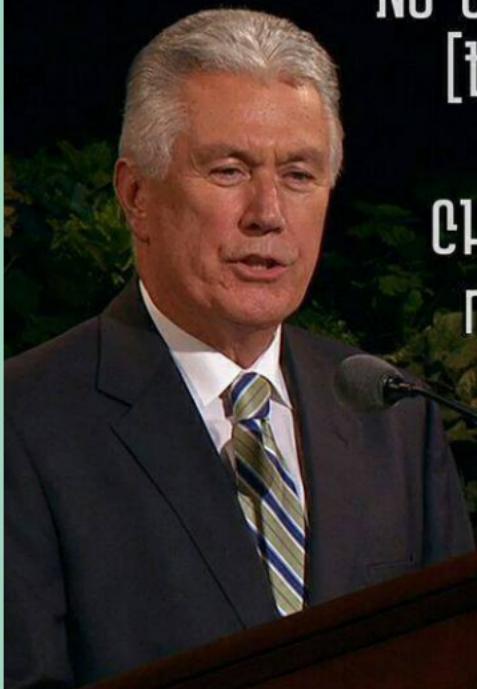
DIFFERENT.

COCO CHANEL

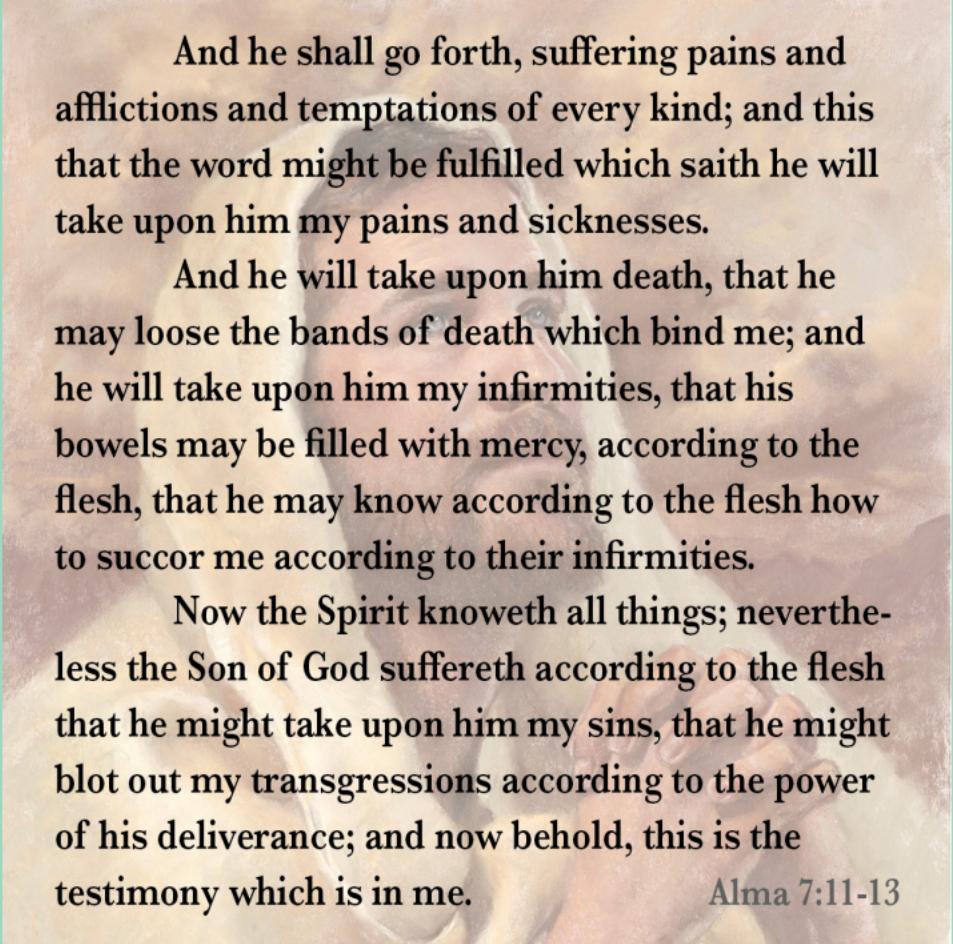
AUGUST 4

"No one likes to fail...
[but] we MORTALS
DO NOT become
CHAMPIONS without
making mistakes."

-Dieter F. Uchtdorf



AUGUST 5



And he shall go forth, suffering pains and afflictions and temptations of every kind; and this that the word might be fulfilled which saith he will take upon him my pains and sicknesses.

And he will take upon him death, that he may loose the bands of death which bind me; and he will take upon him my infirmities, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor me according to their infirmities.

Now the Spirit knoweth all things; nevertheless the Son of God suffereth according to the flesh that he might take upon him my sins, that he might blot out my transgressions according to the power of his deliverance; and now behold, this is the testimony which is in me.

Alma 7:11-13

AUGUST 6

You hold
in your hands the
HAPPINESS
of more people
than you can
imagine.

– Henry B. Eyring

AUGUST 7



“Faith in God includes
faith in **God's timing.**”

Neal A. Maxwell

AUGUST 8



AUGUST 9

GOD gives us
DIFFICULTIES
to bring out THE
best IN US.

MARVIN J. ASHTON

AUGUST 10

You really are
good enough,
pretty enough,
& strong enough.

• AL CARRAWAY •

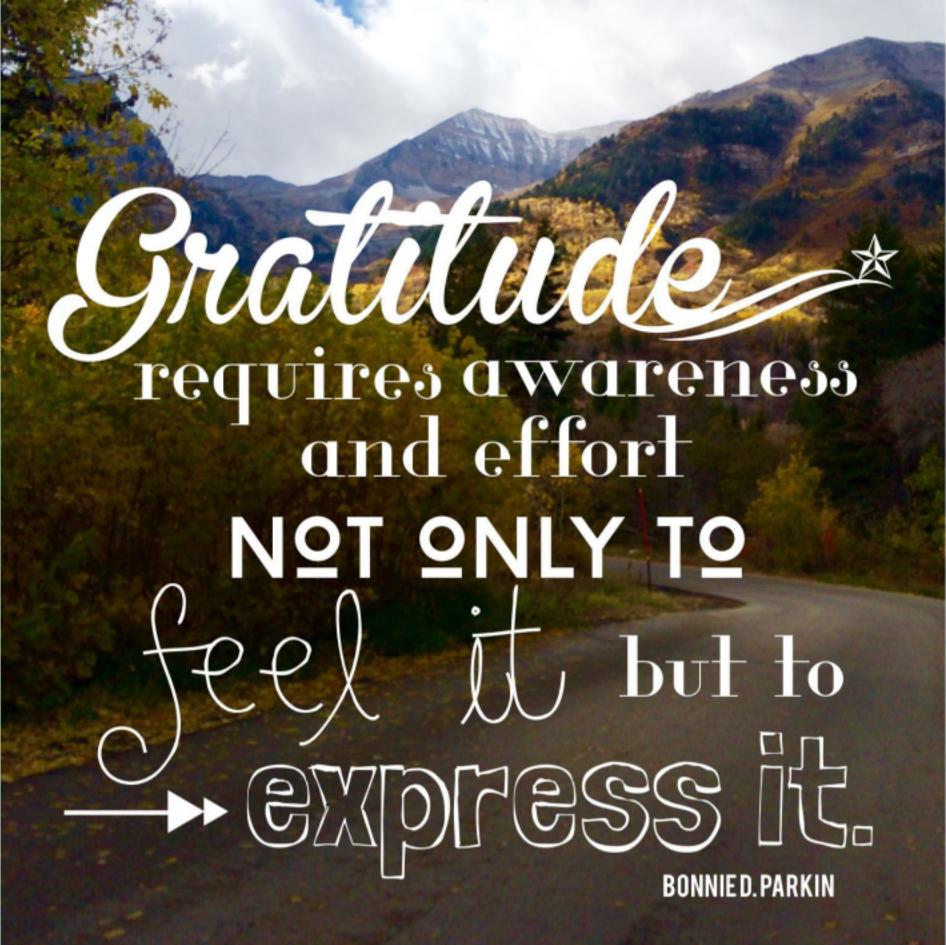
AUGUST 11



Pure Christlike love flowing from true
righteousness can change the world.

-Jeffrey R. Holland

AUGUST 12



Gratitude
requires awareness
and effort
NOT ONLY TO
feel it but to
→ express it.

BONNIE.D.PARKIN

AUGUST 13

heaven is
CHEERING
you on today,
tomorrow,
FOREVER.

Jeffrey R. Holland

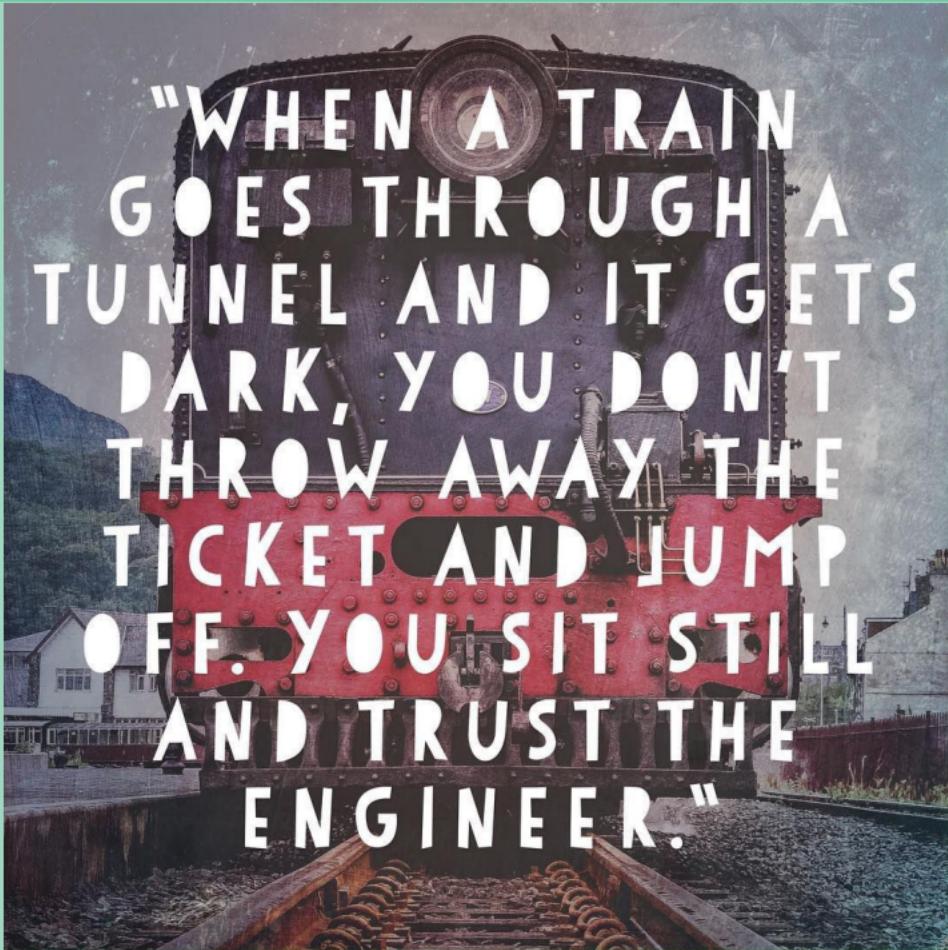
AUGUST 14

IT'S IN THE
D O I N G,
NOT JUST THE
THINKING,
THAT WE MAY
ACCOMPLISH
OUR GOALS.

THOMAS S. MONSON

AUGUST 15

"WHEN A TRAIN GOES THROUGH A TUNNEL AND IT GETS DARK, YOU DON'T THROW AWAY THE TICKET AND JUMP OFF. YOU SIT STILL AND TRUST THE ENGINEER."



AUGUST 16

THERE IS NO
lasting happiness
IF OUR LIFE IS
self-centered
and selfish.

LYNN G. ROBBINS

AUGUST 17



just keep swimming

AUGUST 18

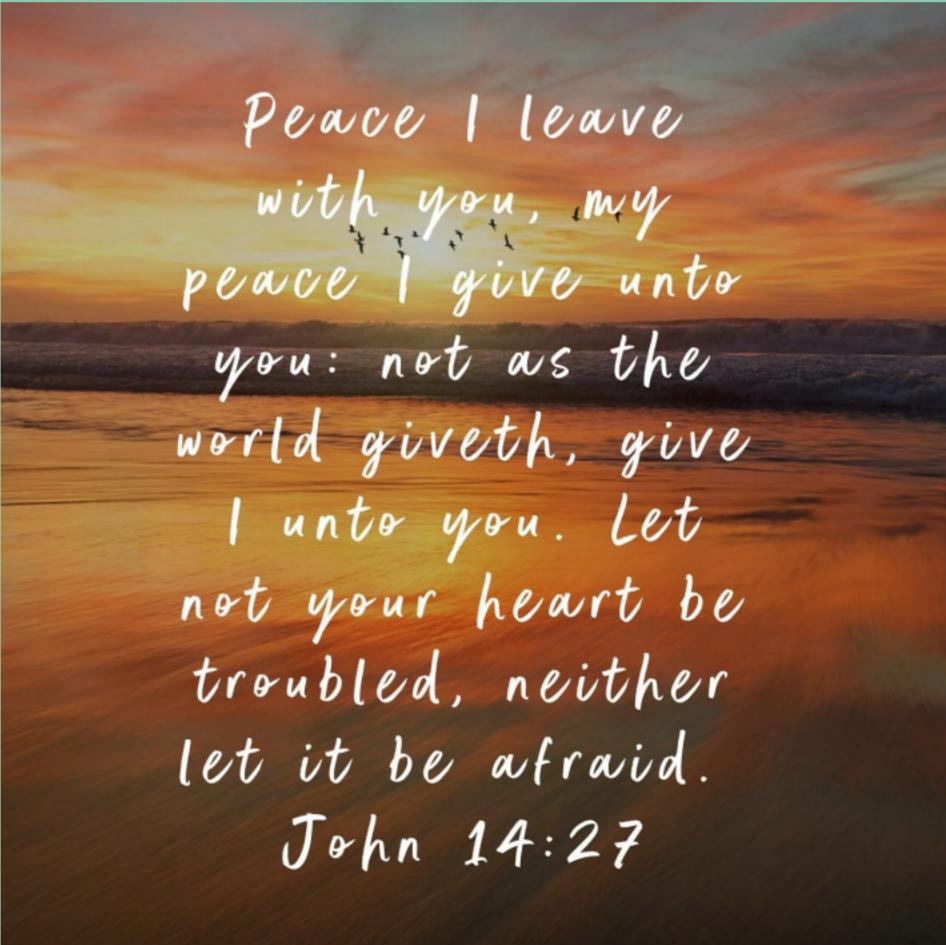


WE TRULY
NEED HIM EVERY HOUR,
WHETHER THEY BE HOURS OF

*Sunshine
OR OF
Rain.*

THOMAS S. MONSON

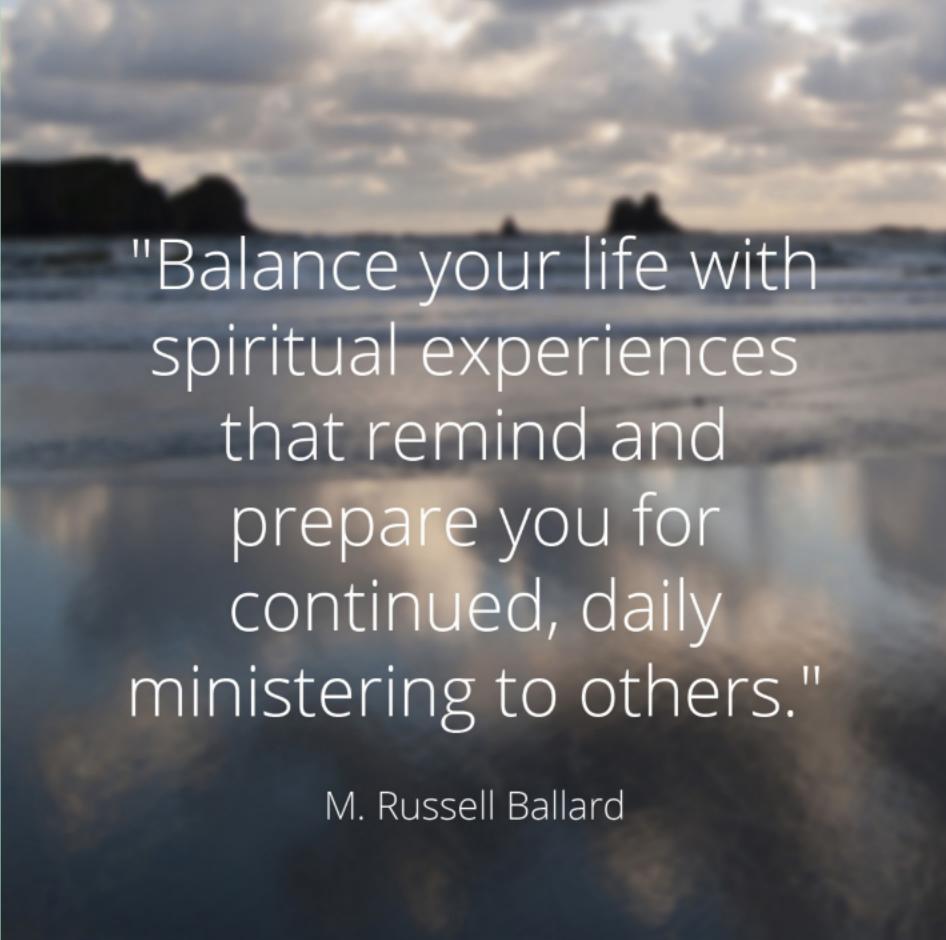
AUGUST 19

A photograph of a sunset over a beach. The sky is filled with warm, orange, and yellow hues, transitioning into darker blues at the top. The horizon shows a calm sea meeting a sandy beach where small waves are breaking. The overall atmosphere is peaceful and scenic.

Peace I leave
with you, my
peace I give unto
you: not as the
world giveth, give
I unto you. Let
not your heart be
troubled, neither
let it be afraid.

John 14:27

AUGUST 20



"Balance your life with spiritual experiences that remind and prepare you for continued, daily ministering to others."

M. Russell Ballard

AUGUST 21

it isn't enough to just be on the journey;
we must be awake

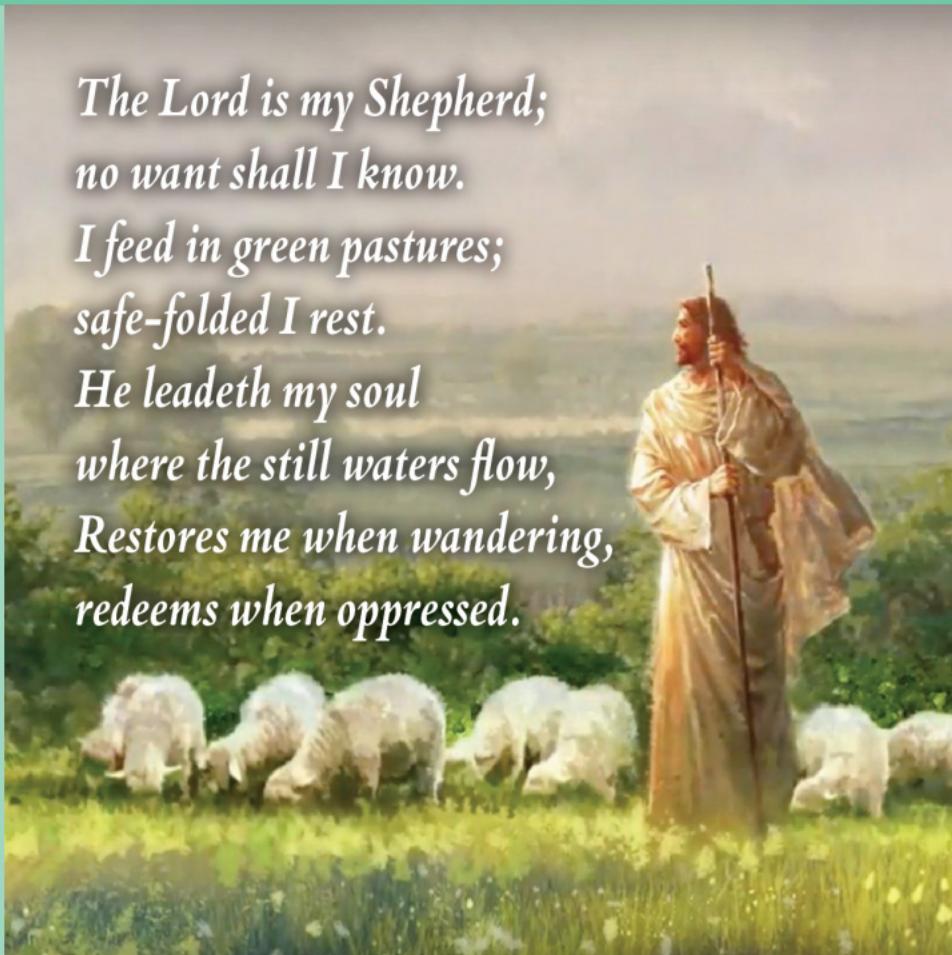
-c. stePhens

AUGUST 22

*The Lord is my Shepherd;
no want shall I know.*

*I feed in green pastures;
safe-folded I rest.*

*He leadeth my soul
where the still waters flow,
Restores me when wandering,
redeems when oppressed.*



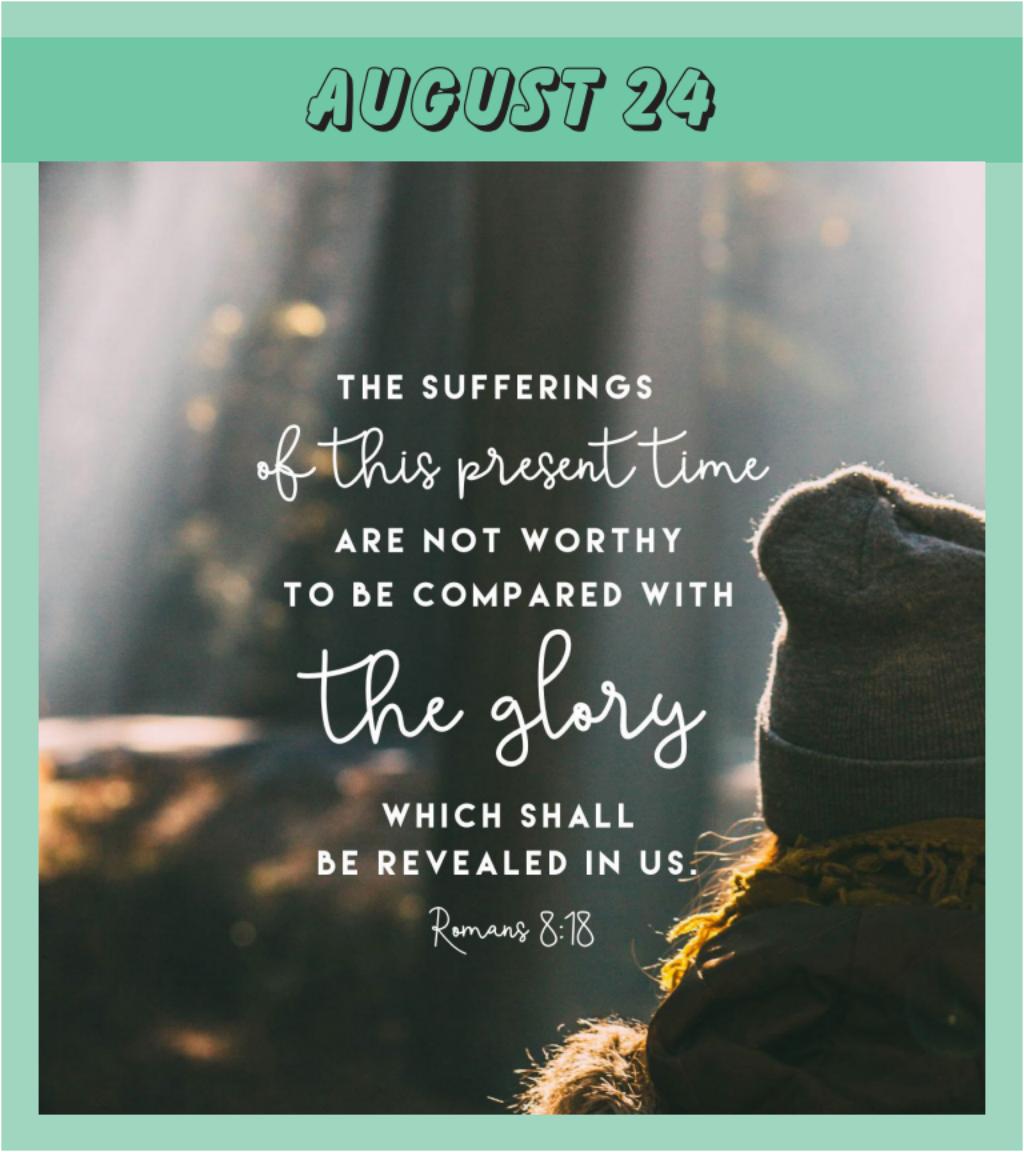
AUGUST 23



No matter what
your past has
been, you have
a spotless future.

• HUGH B. BROWN •

AUGUST 24



THE SUFFERINGS
of this present time
ARE NOT WORTHY
TO BE COMPARED WITH
the glory
WHICH SHALL
BE REVEALED IN US.

Romans 8:18

AUGUST 25



**"IT IS IN DOING, NOT
JUST DREAMING, THAT
LIVES ARE BLESSED..."**

Thomas S. Monson

AUGUST 26

Do not despair.
DO NOT GIVE UP.
LOOK FOR THE SUNLIGHT
through the clouds.
-GORDON B. HINCKLEY



AUGUST 27

YOUR VISION OF
the future
WILL HELP YOU PRESS FORWARD.

Elaine S. Dalton

AUGUST 28

We would do well
to slow down a little....

focus
on the significant,...
and truly see the things
that matter most.

Dieter F. Uchtdorf

AUGUST 29

If there is a future there is time for mending-

Time to see your troubles coming to an ending.

Life is never hopeless however great your sorrow-

If you're looking forward to a new tomorrow.

If there is time for wishing then there is time for hoping-

When through doubt and darkness you are blindly groping.

Though the heart be heavy and hurt you may be feeling-

If there is time for praying there is time for healing.

So if through your window there is a new day breaking-

Thank God for the promise, though mind and soul be aching,

If with harvest over there is grain enough for gleaning-

There is a new tomorrow and life still has meaning

-Author Unknown

AUGUST 30



**CHALLENGES
ARE AT TIMES
AN INDICATION
OF THE LORD'S
TRUST IN YOU.**

D. TODD CHRISTOFFERSON

AUGUST 31

DO NOT **RUN**
FASTER
OR LABOR MORE
THAN YOU HAVE
STRENGTH & MEANS

D&C 10:4

SEPTEMBER 1

DREAMS,
DON'T WORK
UNLESS
YOU
DO

SEPTEMBER 2



May your choices
reflect your
HOPES,
not your
FEARS.

Nelson Mandela

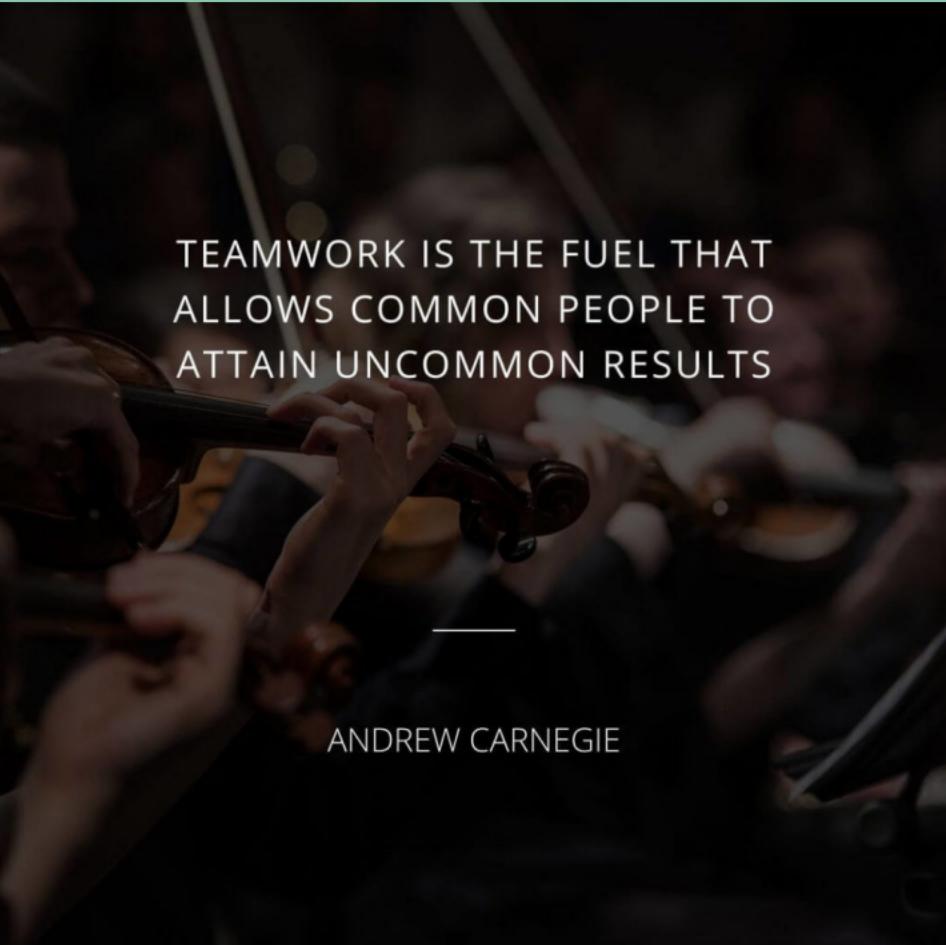
SEPTEMBER 3



Sometimes a single
phrase of testimony
can set events in
motion that affects
someone's life for
eternity

-Dieter F. Uchtdorf

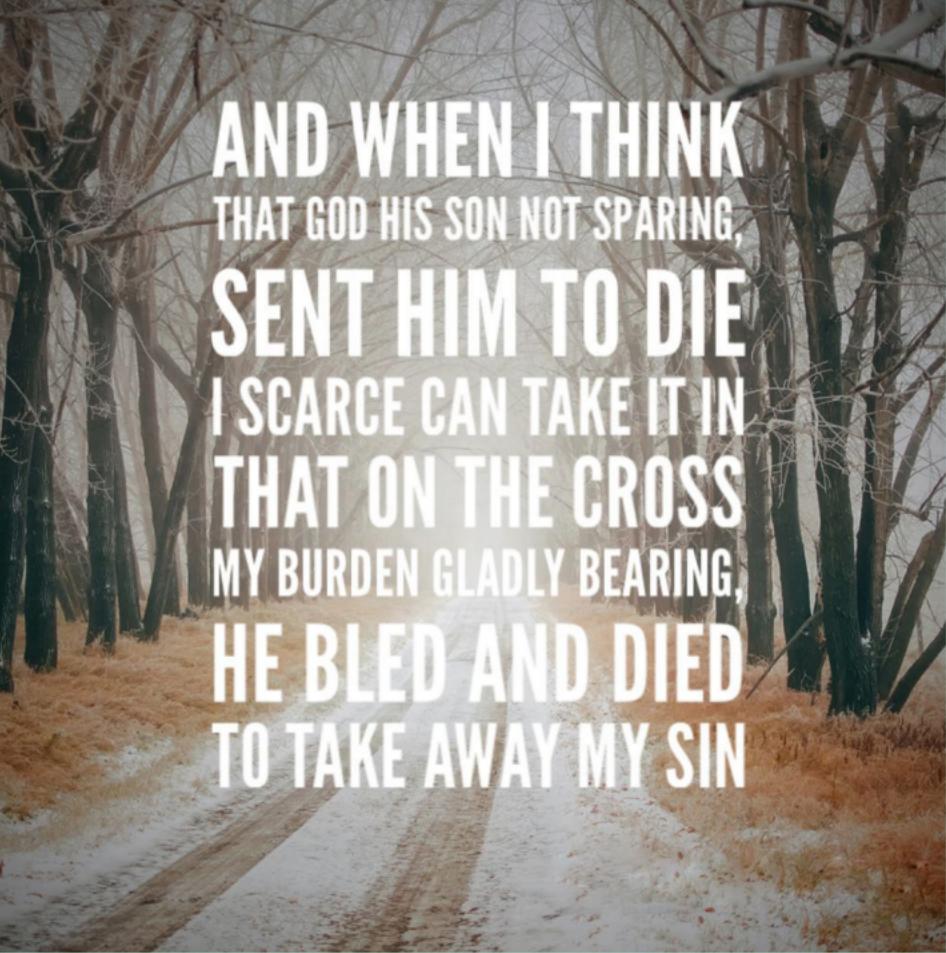
SEPTEMBER 4



TEAMWORK IS THE FUEL THAT
ALLOWS COMMON PEOPLE TO
ATTAIN UNCOMMON RESULTS

ANDREW CARNEGIE

SEPTEMBER 5

A photograph of a narrow, snow-dusted path leading through a dense forest of tall, leafless trees. The ground is covered in patches of snow and fallen brown leaves.

AND WHEN I THINK
THAT GOD HIS SON NOT SPARING,
SENT HIM TO DIE
I SCARCE CAN TAKE IT IN
THAT ON THE CROSS
MY BURDEN GLADLY BEARING,
HE BLED AND DIED
TO TAKE AWAY MY SIN

SEPTEMBER 6

WAKE UP
AND BE
AWESOME



SEPTEMBER 7

“

**BE STRONG, BE FEARLESS,
BE BEAUTIFUL. AND BELIEVE
THAT ANYTHING IS POSSIBLE
WHEN YOU HAVE THE RIGHT
PEOPLE THERE TO
SUPPORT YOU.**

Misty Copeland



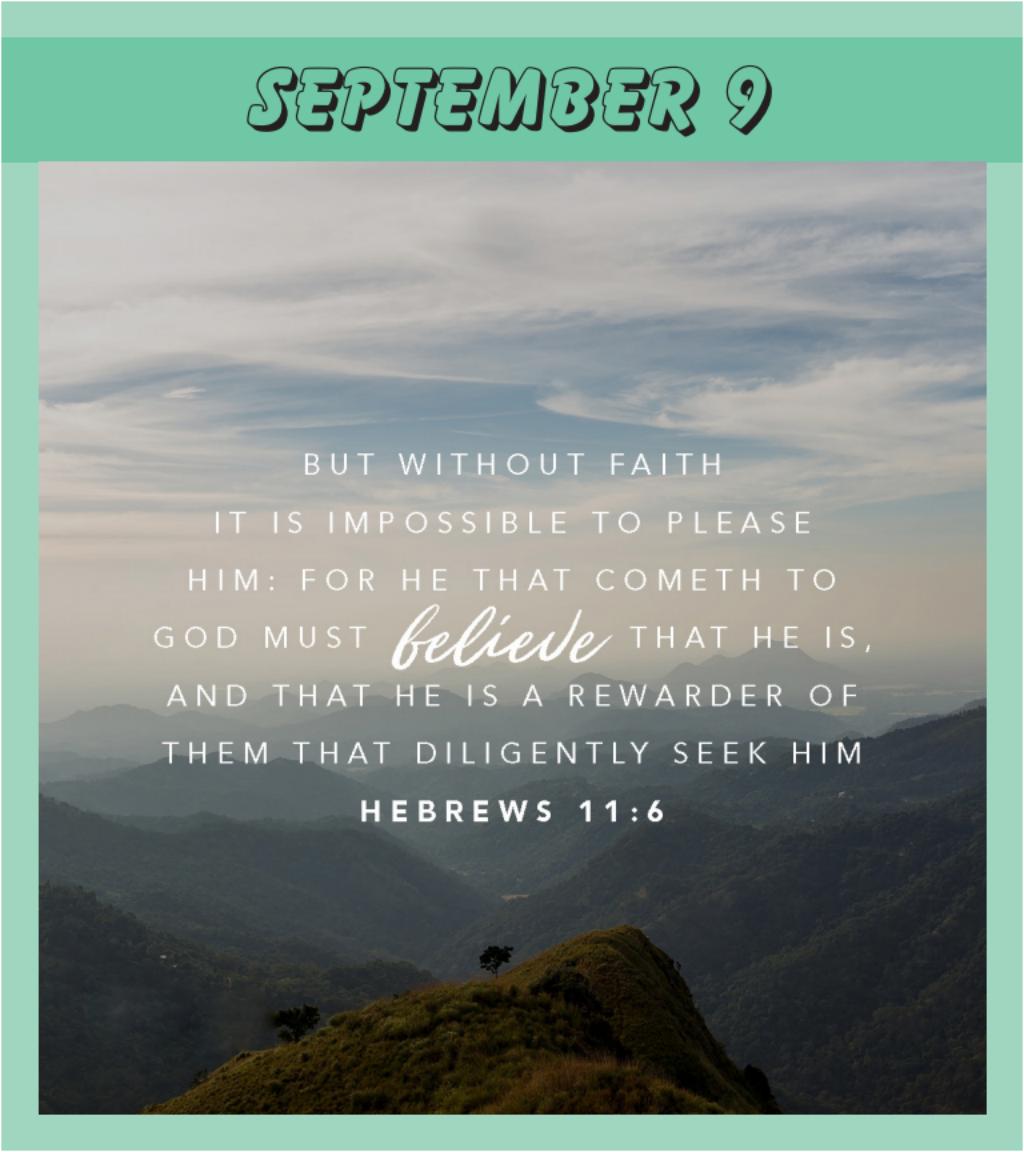
SEPTEMBER 8

“

*Focus on the journey,
not the destination.*

GREG ANDERSON

SEPTEMBER 9

A photograph of a mountainous landscape. In the foreground, there's a grassy hill with a single small tree on top. The background shows more hills and mountains under a sky filled with soft, white clouds.

BUT WITHOUT FAITH
IT IS IMPOSSIBLE TO PLEASE
HIM: FOR HE THAT COMETH TO
GOD MUST *believe* THAT HE IS,
AND THAT HE IS A REWARDER OF
THEM THAT DILIGENTLY SEEK HIM

HEBREWS 11:6

SEPTEMBER 10



SEPTEMBER 11



“THE THINGS
THAT
MAKE ME
DIFFERENT
ARE THE
THINGS THAT
MAKE ME.”

-WINNIE THE POOH

SEPTEMBER 12

Keep your
Chin up,
trust in God,
and believe in
Good things
to come.

Jeffrey R. Holland

SEPTEMBER 13

NOTHING IN
ALL CREATION
WILL EVER
BE ABLE TO
SEPARATE US
FROM THE
LOVE OF GOD

ROMANS 8:39

SEPTEMBER 14

**“Just don't give up
trying to do what you
really want to do.**

**Where there is love
and INSPIRATION,
I don't think you
can go wrong.”**

ELLA FITZGERALD

SEPTEMBER 15

It always seems
impossible
until it's done

Nelson Mandela



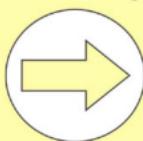
SEPTEMBER 16

“work hard in silence...
let your success
**BE YOUR
NOISE.**

//frank ocean

SEPTEMBER 17

Never give up
what you want



most
for what
you want
today.



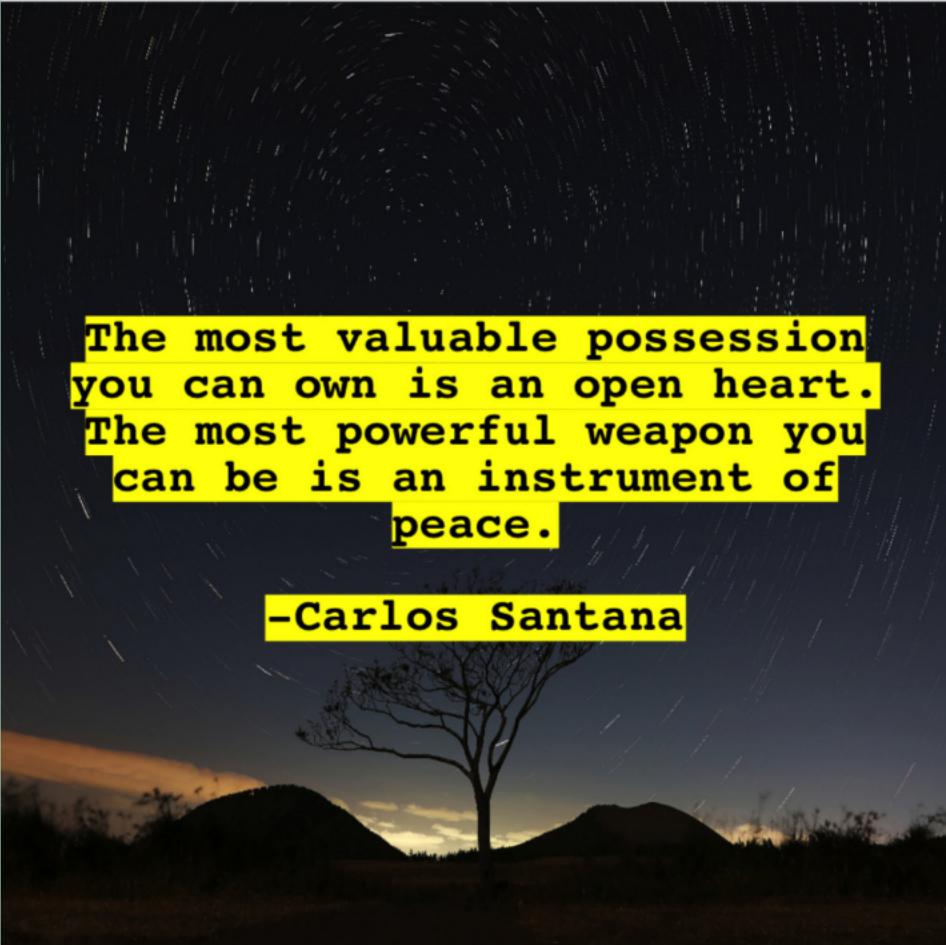
Neal A. Maxwell

SEPTEMBER 18

Train yourself to find
the blessing
in everything.



SEPTEMBER 19



The most valuable possession
you can own is an open heart.
The most powerful weapon you
can be is an instrument of
peace.

-Carlos Santana

SEPTEMBER 20

Adam fell that men
might be; and men are,
that they might have

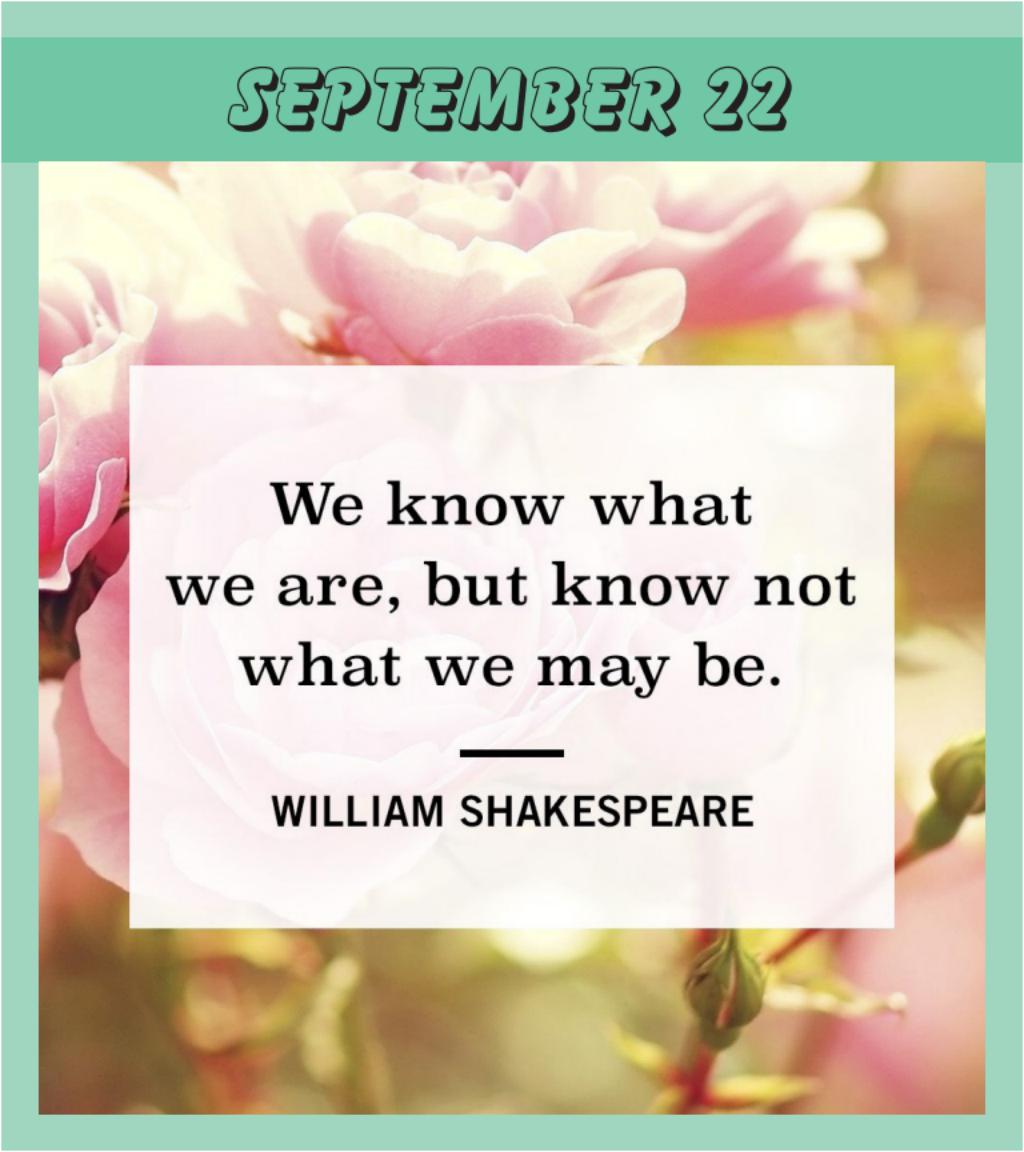
joy

2 Nephi 2:25

SEPTEMBER 21

TRY
something new

SEPTEMBER 22



We know what
we are, but know not
what we may be.

WILLIAM SHAKESPEARE

SEPTEMBER 23



"Happiness
is where we find it,
but rarely where we seek it."

- J. Petit Senn

SEPTEMBER 24

“What is
coming is
better than
what is gone.”

Arabic Proverb

SEPTEMBER 25

“However many mistakes you feel you have made, you have not traveled beyond the reach of divine love.”

• JEFFREY R. HOLLAND •

SEPTEMBER 26

I GIVE UP
FREELY WHAT IS
NO LONGER SERVING ME.

{ I RELEASE IT }

TO CREATE SPACE FOR

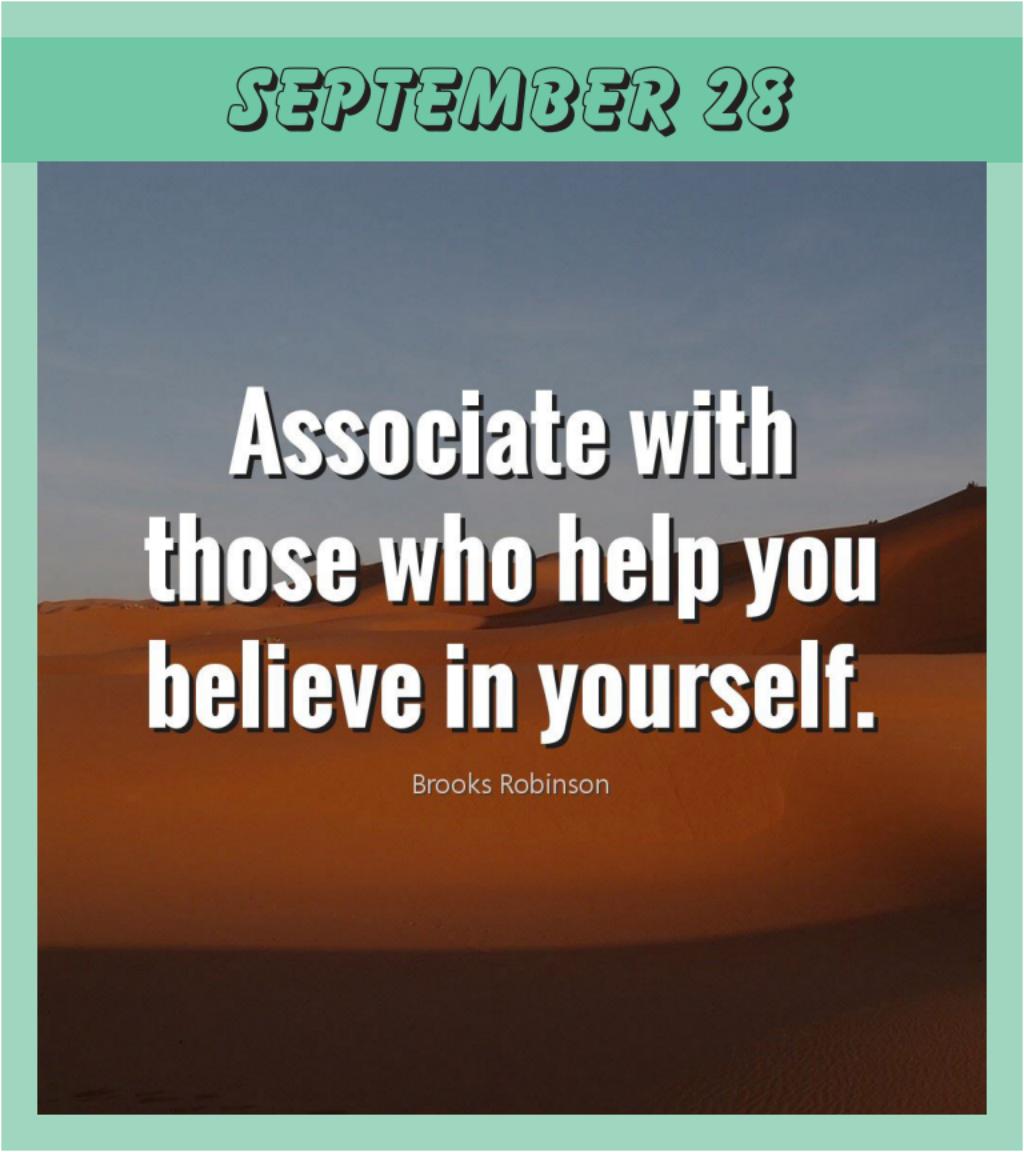
WHAT INSPIRES ME.

SEPTEMBER 27

*Hands that healed nations,
stretched out on a tree
and took the nails for me.*

Casting Crowns

SEPTEMBER 28



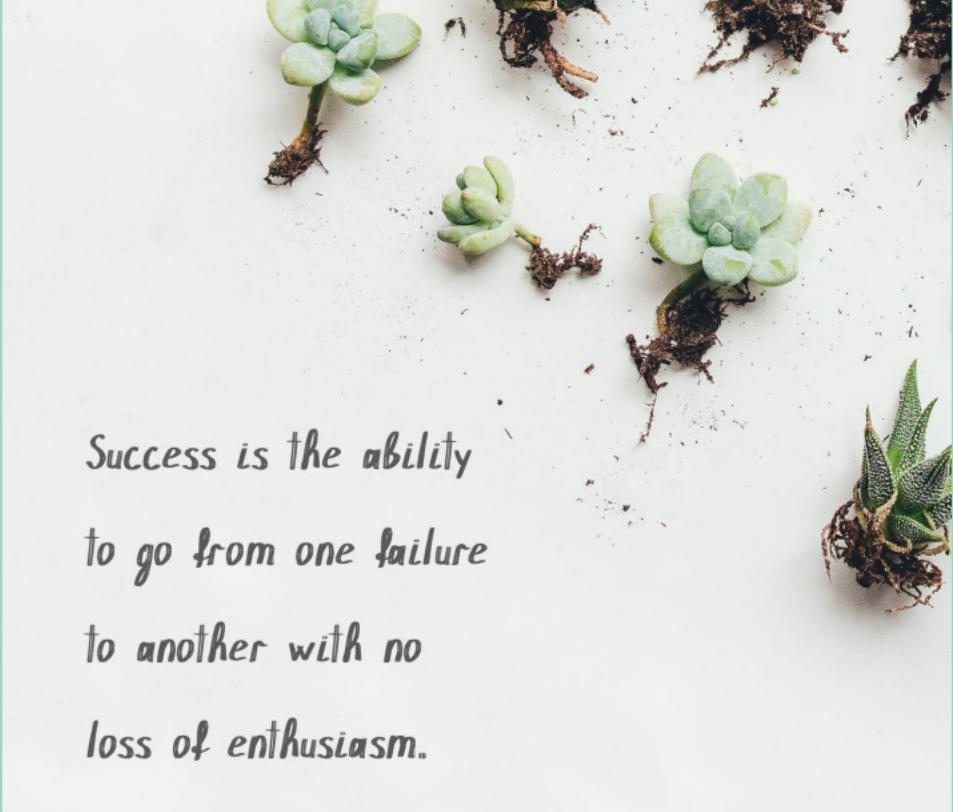
**Associate with
those who help you
believe in yourself.**

Brooks Robinson

SEPTEMBER 29

**AMAZING
THINGS WILL
HAPPEN**

SEPTEMBER 30



*Success is the ability
to go from one failure
to another with no
loss of enthusiasm.*

- Winston Churchill

OCTOBER 1



Never suppress
a generous
thought.

Camilla E Kimball

OCTOBER 2

THERE'S NO TIME
TO BE BORED
IN A WORLD AS
BEAUTIFUL
AS THIS



OCTOBER 3

CHALLENGES
WILL COME TO YOU
But as you trust in God
They will strengthen
YOUR FAITH

Neil Andersen

OCTOBER 4

For if there be no faith
among the children of men
God can do no miracle
among them; wherefore,
he showed not himself
until after their faith.

ETHER 12:12



OCTOBER 5

BE A
WOMAN
OF
CHRIST
- THE WORLD NEEDS YOU -

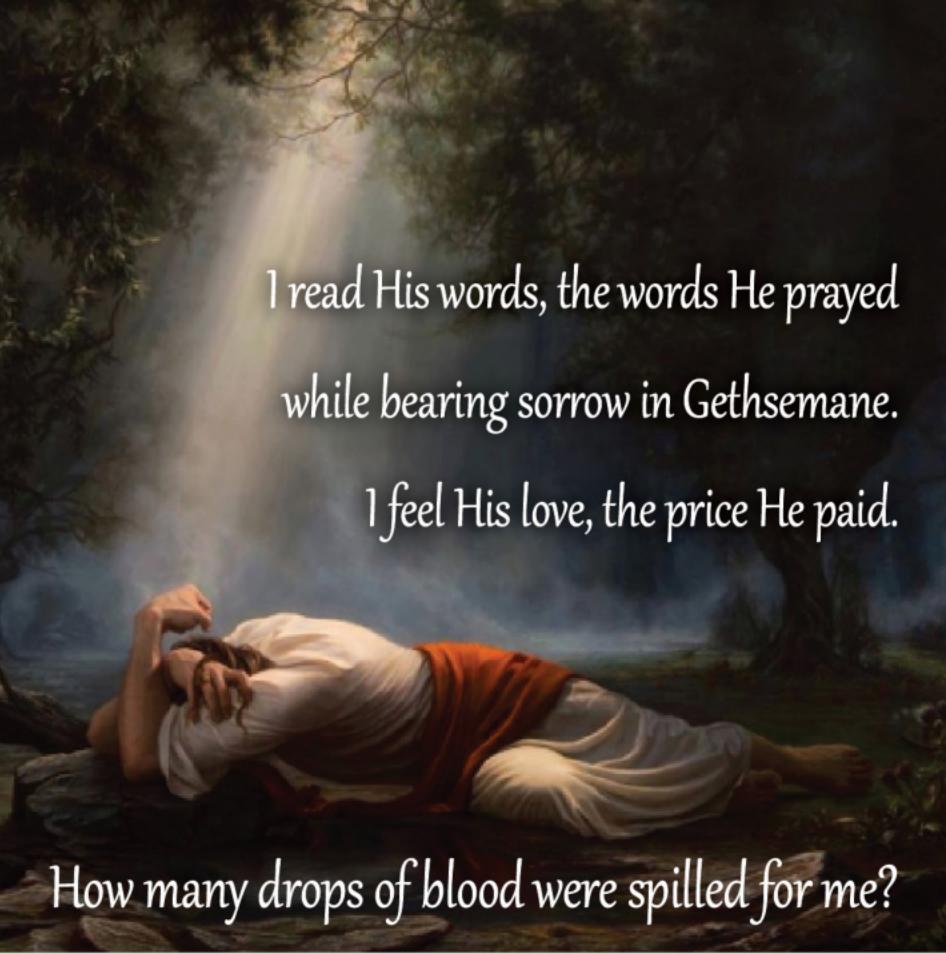


A WOMAN'S ABIDING
TRUST IN GOD
AND UNFAILING DEVOTION TO THINGS OF THE
SPIRIT
HAVE ALWAYS BEEN AN
ANCHOR

WHEN THE WIND AND WAVES OF LIFE WERE FIERCEST

~ ELDER JEFFREY R. HOLLAND ~

OCTOBER 6



I read His words, the words He prayed
while bearing sorrow in Gethsemane.

I feel His love, the price He paid.

How many drops of blood were spilled for me?

OCTOBER 7

YOU ARE
Stronger
THAN YOU KNOW.

OCTOBER 8



It is better to aim for the

STARS

and drag your feet in the treetops

than to aim for the

TREETOPS

and drag your feet in the mud



RONALD A. RASBAND

OCTOBER 9



IT IS CRITICAL THAT WE LEARN TO
RECOGNIZE WHEN WE HAVE ENOUGH.

IF WE ARE NOT CAREFUL, WE WILL
BEGIN TO CHASE AFTER THE TEMPORAL
MORE THAN THE SPIRITUAL.

- JOHN U. TEH



OCTOBER 10

It won't
all
work
out.

It's not
supposed
to.

OCTOBER 11



IF YOU WERE
ABLE TO BELIEVE
IN SANTA CLAUS
FOR 8 YEARS,
YOU CAN BELIEVE IN
YOURSELF FOR
5 MINUTES.

OCTOBER 12

“If you fell
DOWN
yesterday,
stand up
today.”

H. G. Wells

OCTOBER 13

Believe in God; believe that he is,
that he created all things,
both in heaven and in earth;

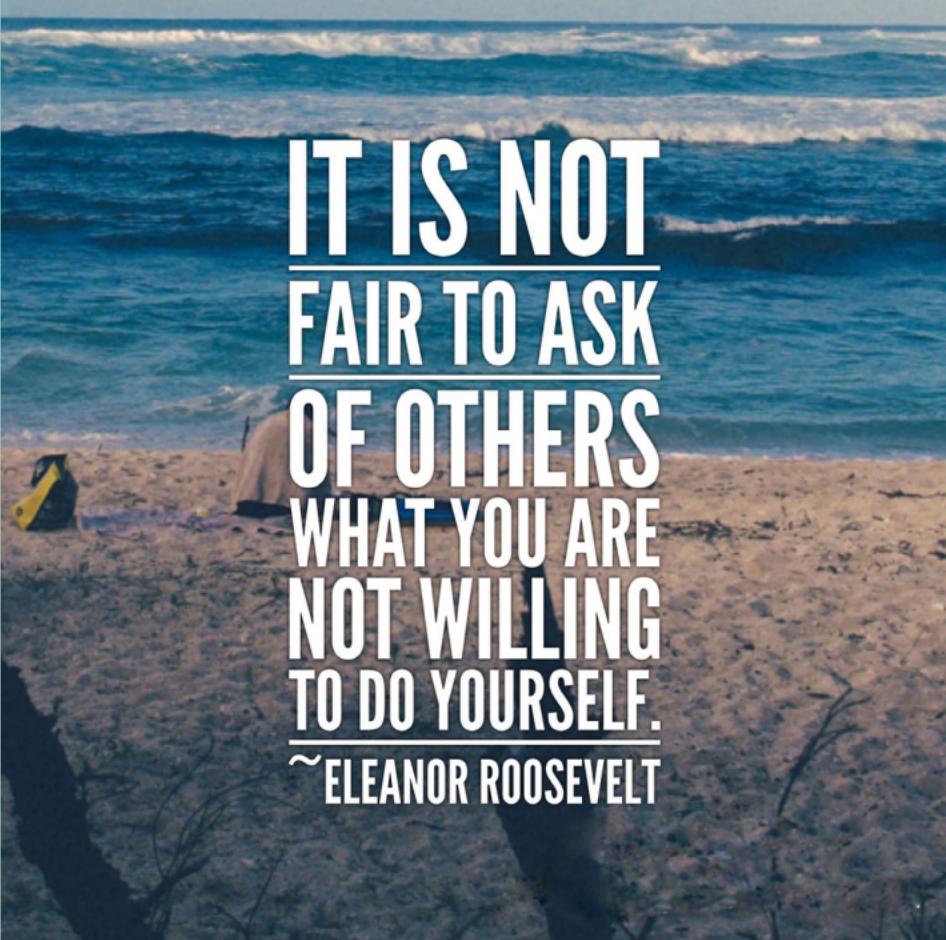
believe that he has all wisdom,
and all power both in heaven and in earth,
believe that man doth not
comprehend all the things which
the Lord can comprehend.

{mosiah 4:9}

OCTOBER 14

your
sparkle
can
light
the world

OCTOBER 15



IT IS NOT
FAIR TO ASK
OF OTHERS
WHAT YOU ARE
NOT WILLING
TO DO YOURSELF.

~ELEANOR ROOSEVELT

OCTOBER 16

believe.

love.

do.

dieter fuchtdorf

OCTOBER 17

Believe in yourself! Have

FAITH

in your abilities! Without a humble but resonable

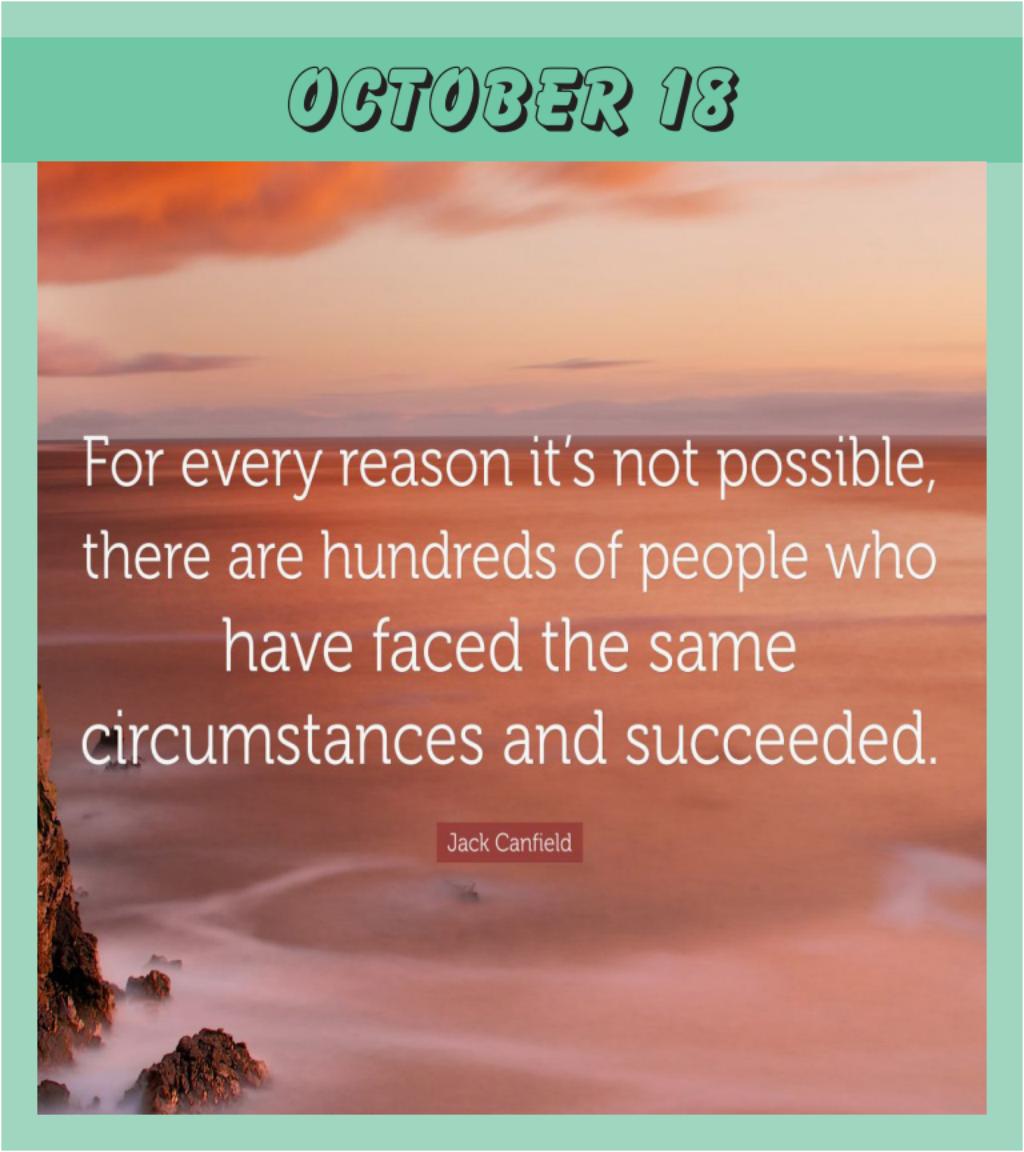
CONFIDENCE

in your own powers you cannot be successful or

HAPPY

Norman Vincent Peale

OCTOBER 18

A photograph of a sunset or sunrise over a calm body of water. The sky is filled with warm, orange, and yellow hues, transitioning into cooler blues and purples at the horizon. In the lower-left foreground, dark, silhouetted rocks protrude from the water. The overall atmosphere is peaceful and inspiring.

For every reason it's not possible,
there are hundreds of people who
have faced the same
circumstances and succeeded.

Jack Canfield

OCTOBER 19

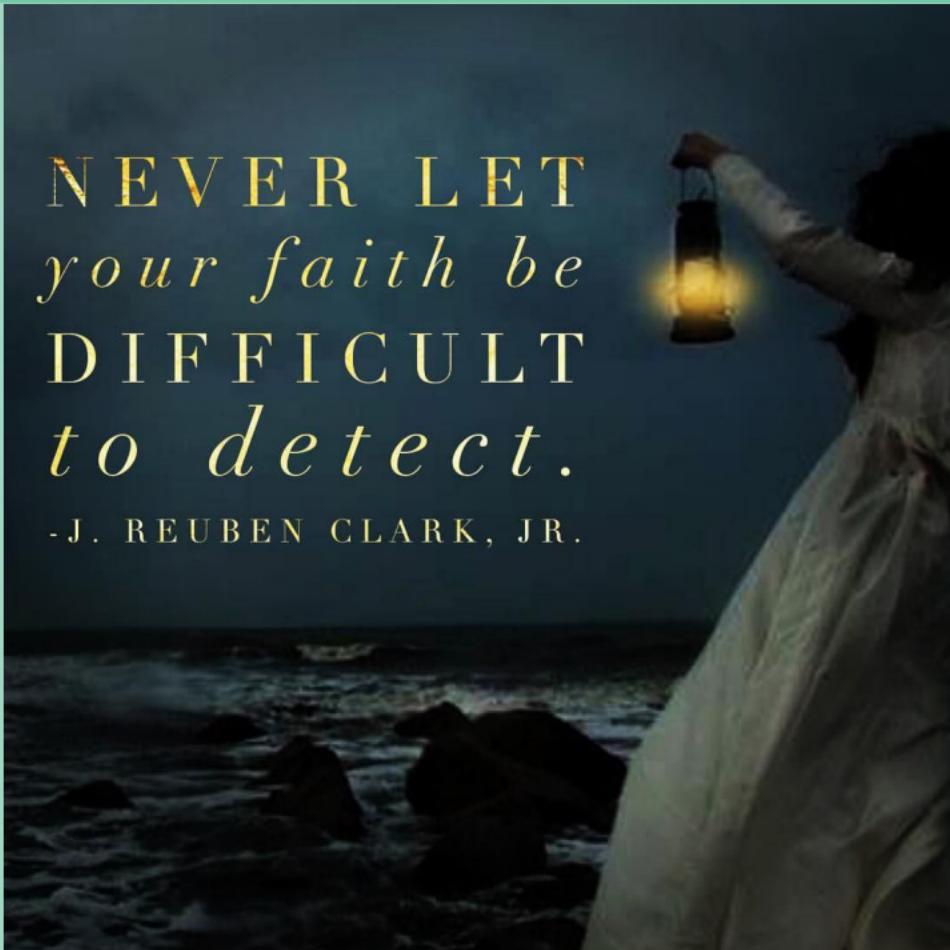
DO NOT PRAY
FOR TASKS EQUAL
TO YOUR ABILITIES,
BUT PRAY FOR
ABILITIES EQUAL
TO YOUR TASKS.

THOMAS S. MONSON

OCTOBER 20

NEVER LET
your faith be
DIFFICULT
to detect.

- J. REUBEN CLARK, JR.



OCTOBER 21

I BELIEVE IN BEING STRONG WHEN
EVERYTHING SEEMS TO BE GOING
WRONG. I BELIEVE THAT HAPPY GIRLS ARE
THE PRETTIEST GIRLS. I BELIEVE THAT
TOMORROW IS
AND I BELIEVE ANOTHER DAY,
IN MIRACLES.

AUDREY HEPBURN

OCTOBER 22

“[You are] a treasured
daughter of
our Heavenly Father
with infinite worth.”

-Dieter F. Uchtdorf
The Remarkable Soul of a Woman
Deseret Book, 2010

OCTOBER 23

Stop being afraid of what could go wrong.
THINK OF WHAT COULD GO RIGHT.

- Unknown -



OCTOBER 24

Have I done any
good
in the world today?

Hymn #223

OCTOBER 25

DON'T LET YOUR
FAITH DIM
in the
STORM OF LIFE

Bruce D. Porter
April 2013 General Conference

OCTOBER 26

And, behold, a woman, which was diseased with an issue of blood twelve years, came behind him, and touched the hem of his garment:

For she said within herself, If I may but touch his garment, I shall be whole.

But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour.

OCTOBER 27

THOSE WHO
MOVE FORWARD
WITH A
*happy
spirit*
WILL FIND THAT
THINGS ALWAYS
WORK OUT

- GORDON B. HINCKLEY -

OCTOBER 28

I slept and dreamt
that life was joy.
I awoke and saw
that life was service.
I acted and behold,
service was joy.

Rabindranath Tagore

OCTOBER 29

life is tough
my darling

BUT SO ARE
you

- stephanie Bennett

OCTOBER 30

there is no
DARKNESS
so dense
so menacing or so difficult
>>>>> that it cannot be <<<<
OVERCOME
by *Light*

- Vern P. Stanfill
OCT 2015, LDS GENERAL CONFERENCE

OCTOBER 31

I am a child of God.

Rich blessings are in store;

If I but learn to do his will

I'll live with him once more.

NOVEMBER 1

Heavenly Father
can take our
simple, daily efforts
and turn them into
something miraculous.

Gary E. Stevenson

NOVEMBER 2



NOVEMBER 3

make it
HAPPEN
SHOCK
everyone

NOVEMBER 4



"IT IS GOOD TO LOVE MANY THINGS,
FOR THEREIN LIES THE TRUE
STRENGTH,
AND WHOSEVER LOVES MUCH
PERFORMS MUCH,
AND CAN ACCOMPLISH MUCH,
AND WHAT IS DONE IN LOVE IS WELL
DONE."

- Vincent van Gogh

NOVEMBER 5

God does
NOTICE us,
& He WATCHES
over us.

- SPENCER W. KIMBALL

NOVEMBER 6



*Our Savior's love
shines like the sun
with perfect light.*

NOVEMBER 7

BE MORE CONCERNED WITH
YOUR CHARACTER THAN
WITH YOUR REPUTATION.
YOUR CHARACTER IS WHAT
YOU REALLY ARE WHILE
YOUR REPUTATION IS
MERELY WHAT OTHERS
THINK YOU ARE.

John Wooden

NOVEMBER 8

WORTHY
MUSIC
HAS
POWER
TO MAKE US
HUMBLE
PRAYERFUL
AND
GRATEFUL

RUSSELL M. NELSON
BYU SPEECHES

NOVEMBER 9



All things have been done
in the wisdom of him
who knoweth all things.

2 Nephi 2:24

NOVEMBER 10

O B E D I E N C E
MAKES US
PROGRESSIVELY
STRONGER

ROBERT D. HALES



NOVEMBER 11

**GO
GET
IT
GIRL**

NOVEMBER 12

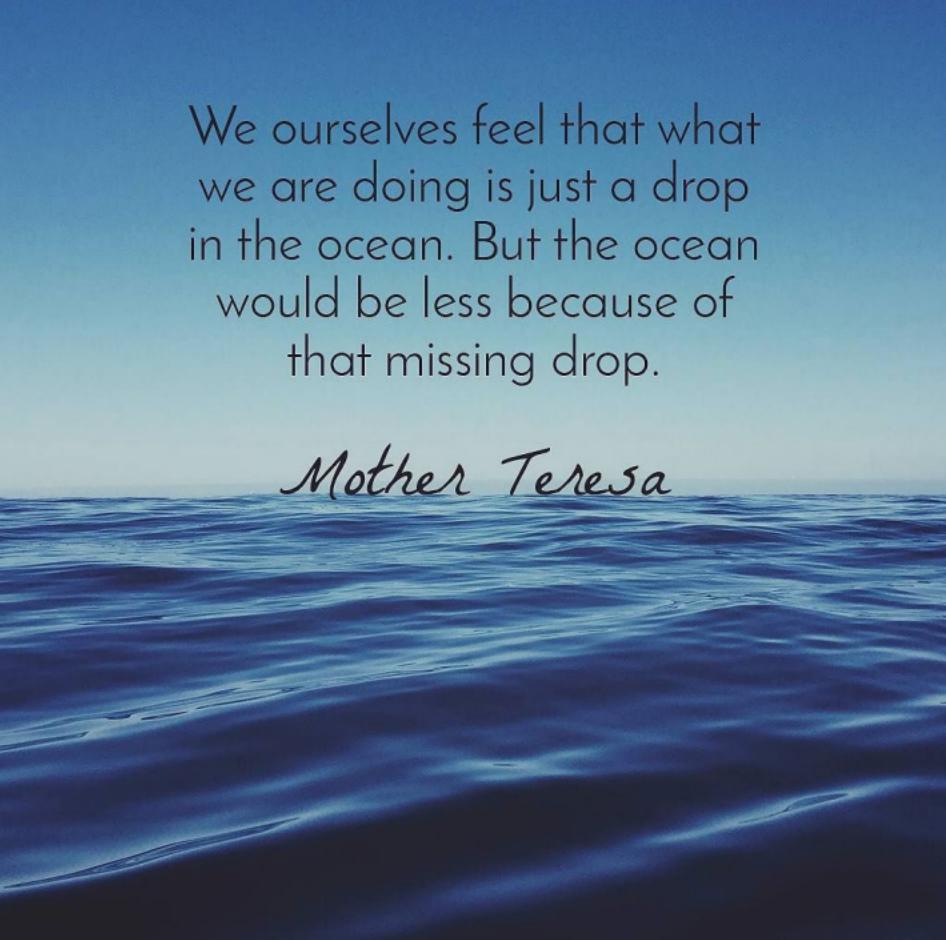
Discovering who
we really are
is part of this
great adventure
called life

DIETER F. UCHTDORF

NOVEMBER 13

one day at a time

NOVEMBER 14



We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.

Mother Teresa

NOVEMBER 15

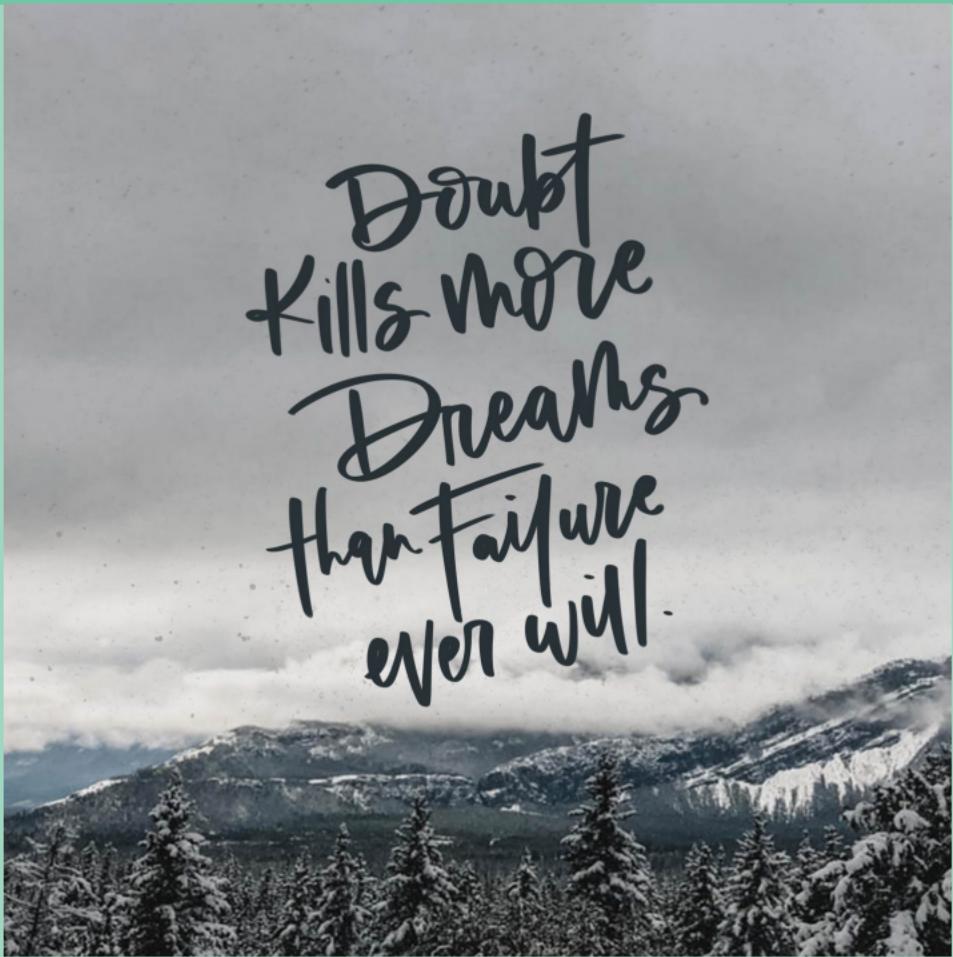


Service to others is the
rent you pay for your
room here on earth.

- Mohammed Ali

NOVEMBER 16

Doubt
Kills more
Dreams
than Failure
ever will.



NOVEMBER 17

**INSPIRE
SOMEONE
TODAY.**

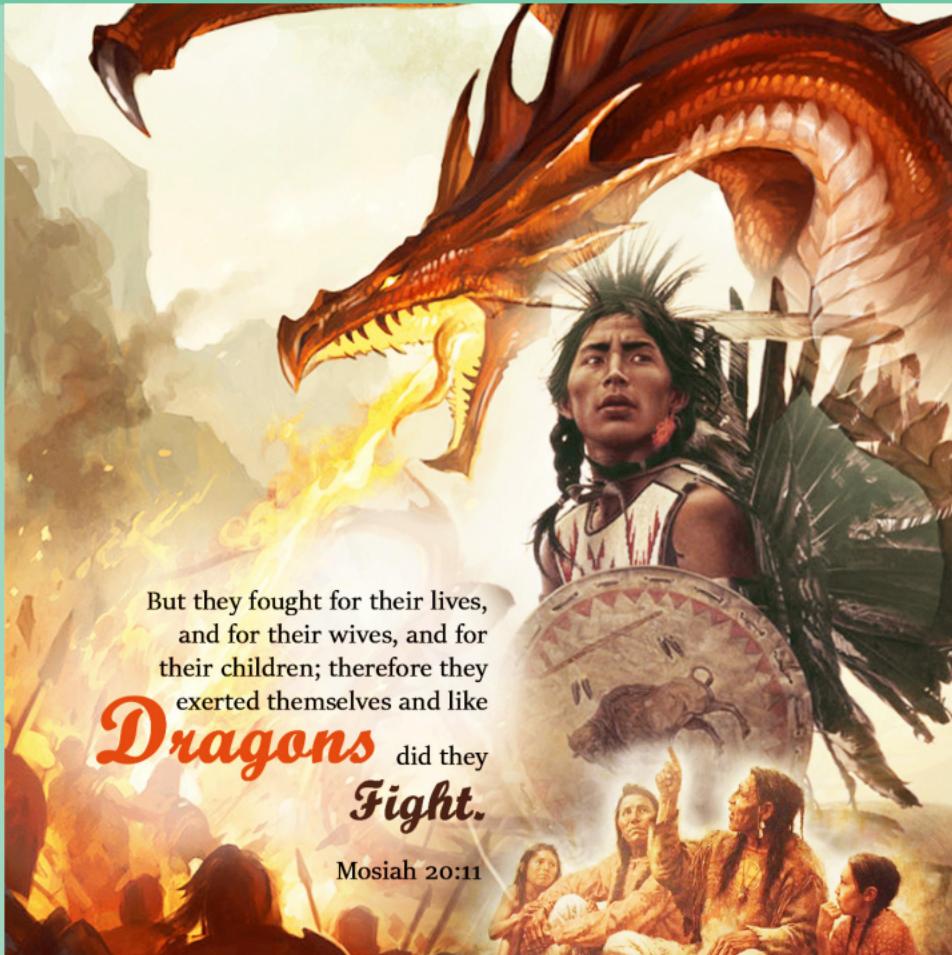
NOVEMBER 18



DIFFICULTIES ALLOW US TO
change for the better,
TO REBUILD OUR LIVES IN THE
WAY OUR HEAVENLY FATHER
teaches us.

THOMAS S. MONSON

NOVEMBER 19



But they fought for their lives,
and for their wives, and for
their children; therefore they
Dragons exerted themselves and like
Fight.

Mosiah 20:11

NOVEMBER 20

The past is behind,
Learn from it.
The future is ahead,
plan for it.
The present is here,
live it.

~ President Monson

NOVEMBER 21

**IF YOU
CAN BE
ONE
THING
BE KIND**

NOVEMBER 22



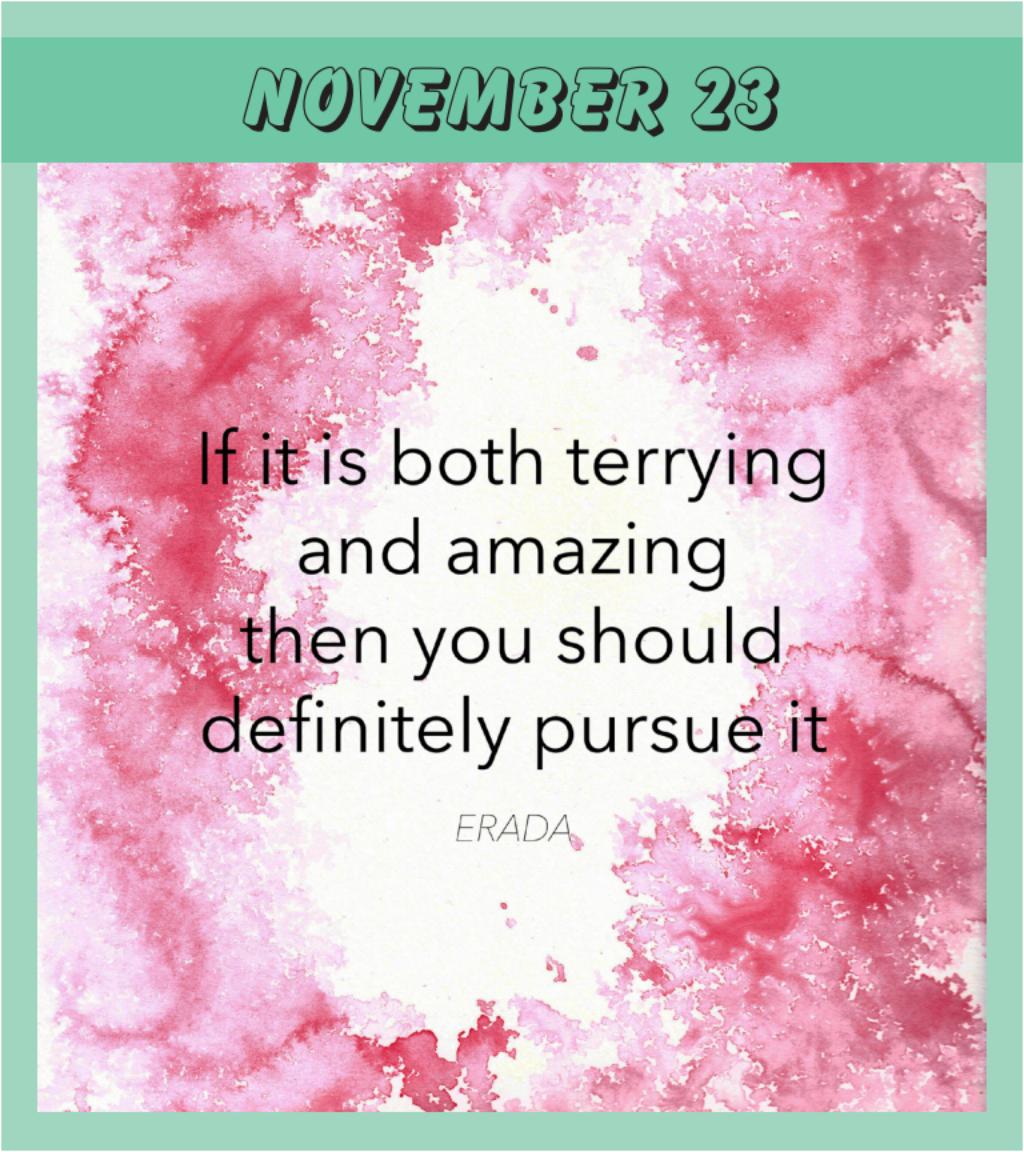
TRY NOT TO BECOME

**A PERSON OF
SUCCESS, BUT A

PERSON OF VALUE.**

ALBERT EINSTEIN

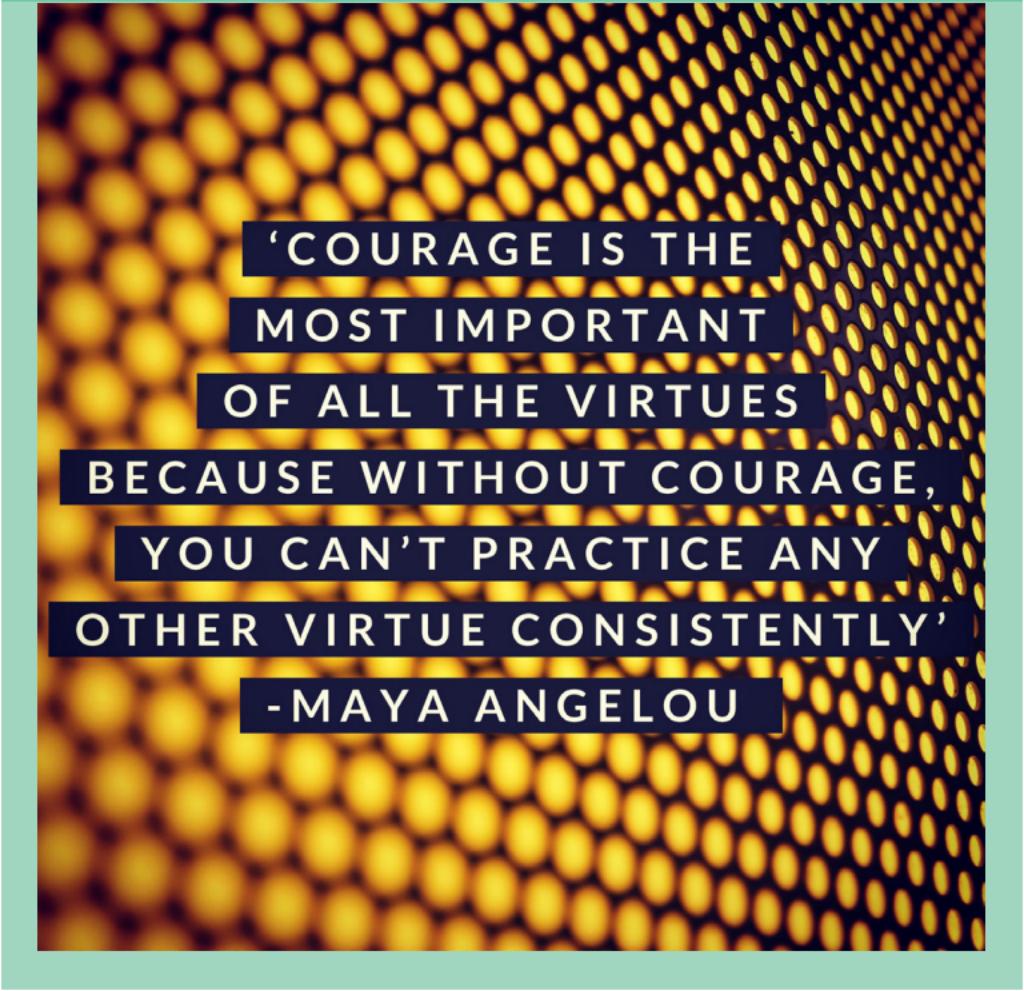
NOVEMBER 23



If it is both terrying
and amazing
then you should
definitely pursue it

ERADA

NOVEMBER 24



'COURAGE IS THE
MOST IMPORTANT
OF ALL THE VIRTUES
BECAUSE WITHOUT COURAGE,
YOU CAN'T PRACTICE ANY
OTHER VIRTUE CONSISTENTLY'

-MAYA ANGELOU

NOVEMBER 25

Everything
is
Beautiful
in the right
Light



Beverly Ash Gilbert

NOVEMBER 26

**SLOW PROGRESS
IS BETTER
THAN NO PROGRESS.
STAY POSITIVE
AND DON'T GIVE UP.**

NOVEMBER 27

**What does
He ask?**

LIVE LIKE HIS SON



motab.org

NOVEMBER 28



If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely.

ROALD DAHL

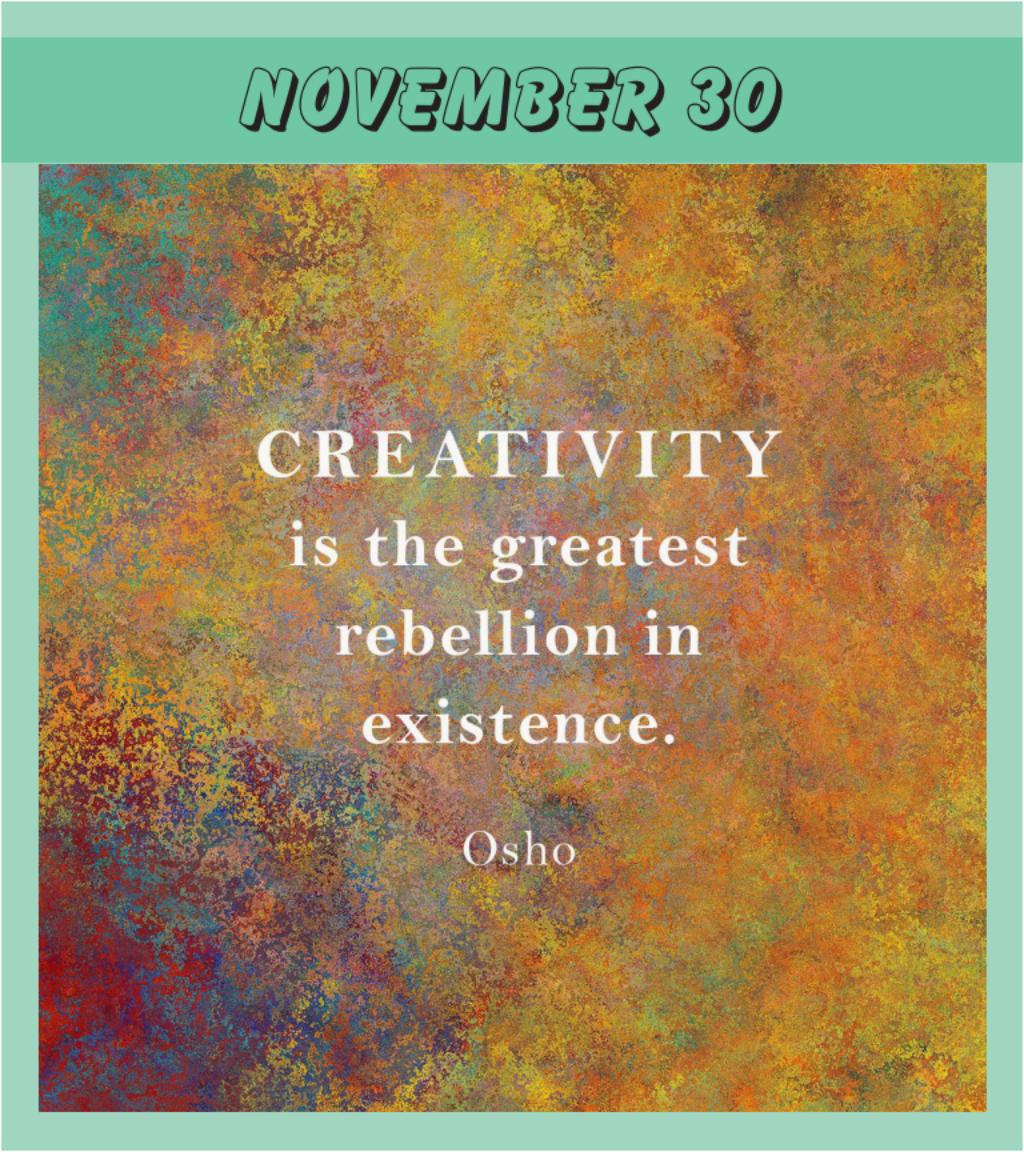
NOVEMBER 29



"IF YOU WANT THE RAINBOW,
YOU HAVE TO PUT UP WITH
THE RAIN."

- *dolly parton* -

NOVEMBER 30



CREATIVITY
is the greatest
rebellion in
existence.

Osho

DECEMBER 1

I DO NOT KNOW ALL THINGS, BUT THE LORD KNOWETH ALL THINGS WHICH ARE TO COME, WHEREFORE, HE WORKETH IN ME TO DO ACCORDING TO HIS WILL

THE WORDS OF MORMON 1:7 | THE BOOK OF MORMON

DECEMBER 2



P R A Y E R
is the passport to
P E A C E

THOMAS S. MONSON

DECEMBER 3

BELIEVE
IN YOURSELVES.

BELIEVE THAT YOU ARE
NEVER ALONE.

ELAINE S. DALTON

DECEMBER 4



LET EARTH RECEIVE HER KING!

LET EV'RY HEART PREPARE HIM ROOM

AND SAINTS AND ANGELS SING,
AND SAINTS AND ANGELS SING,
AND SAINTS, AND SAINTS
AND ANGELS SING.

DECEMBER 5

Just do the
small things
as perfectly as
you can.



DIETER F UCHTENDORF

DECEMBER 6

Love is of
the very
essence
of life.

GORDON B. HINCKLEY

DECEMBER 7

A photograph of a person with long, dark hair sitting by a lake at sunset. The person is seen from behind, looking out over the calm water towards distant hills under a hazy sky.

the decision to
BELIEVE

IS THE MOST IMPORTANT DECISION
you will ever make

L. WHITNEY CLAYTON

DECEMBER 8

“ In order to do something well we must first be willing to do it badly. ”

—Julia Cameron,
The Artist's Way

DECEMBER 9

Even
Miracles
Take A
Little
Time

DECEMBER 10



*May the God of hope
fill you with all*

JOY & PEACE

*as you trust in him so that you may overflow
with hope by the power of the Holy Spirit.*

ROMANS 15:13

DECEMBER 11



if it's a
good thing
go with it.
It's from Him.

Jeffrey R.
Holland

DECEMBER 12



THE PLEASING WORD OF GOD
HEALS THE WOUNDED SOUL.

~JACOB 2:8



DECEMBER 13

“ALWAYS REMEMBER—
YOU MATTER TO
HIM!”

—PRESIDENT DIETER F. UCHTDORF

DECEMBER 14

DO WE REALIZE THE
power we have
TO BLESS AND HEAL
and soothe and
URGE EACH OTHER ONWARD?

-Sheri Dew



DECEMBER 15

OUR PATHS
ARE ALL
DIFFERENT
BUT WE WALK
THEM
TOGETHER

Sister Alburto

DECEMBER 16

SACRIFICE

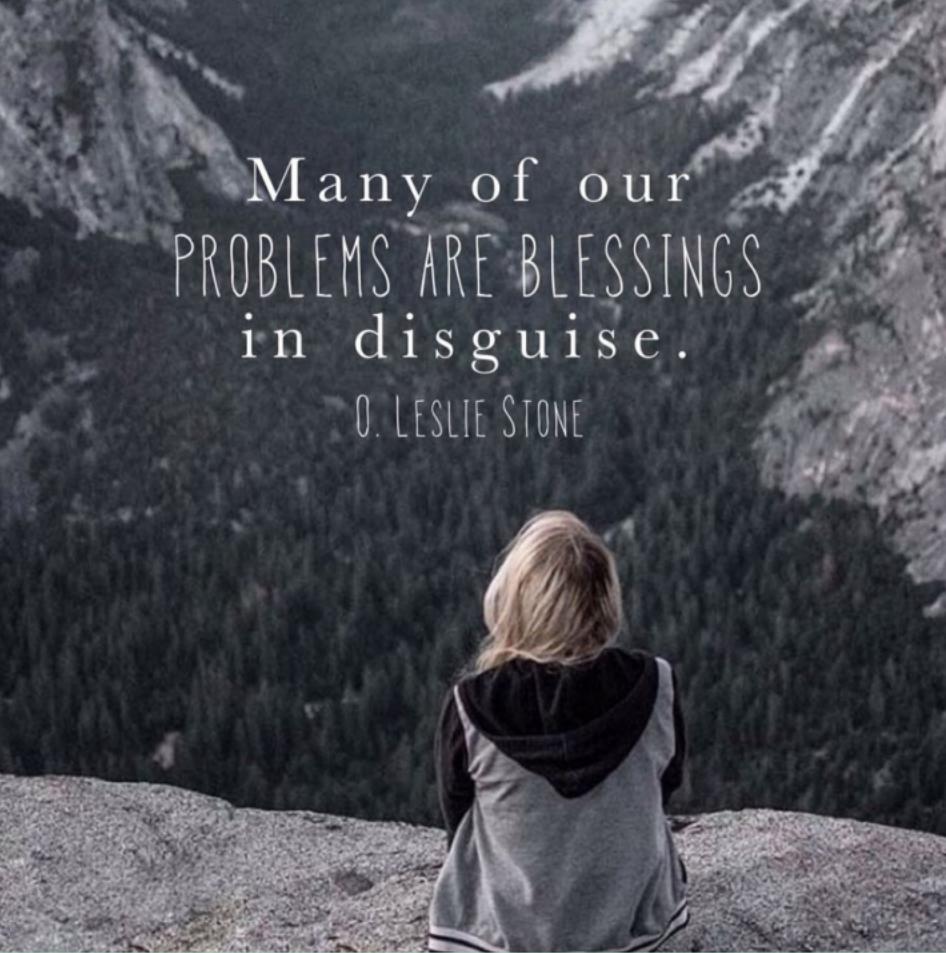
BRINGS FORTH

THE BLESSINGS

OF HEAVEN

Hymn No. 27

DECEMBER 17



Many of our
PROBLEMS ARE BLESSINGS
in disguise.

O. LESLIE STONE

DECEMBER 18

Too much worrying
takes away the
energy you need to
enjoy the
moment

-DIETER F. UTHDORF



DECEMBER 19

**ONE OF THE
GREATEST
WEAKNESSES
IN MOST OF US
IS OUR LACK
OF FAITH IN
OURSELVES.**

L. TOM PERRY

1922 - 2015



DECEMBER 20

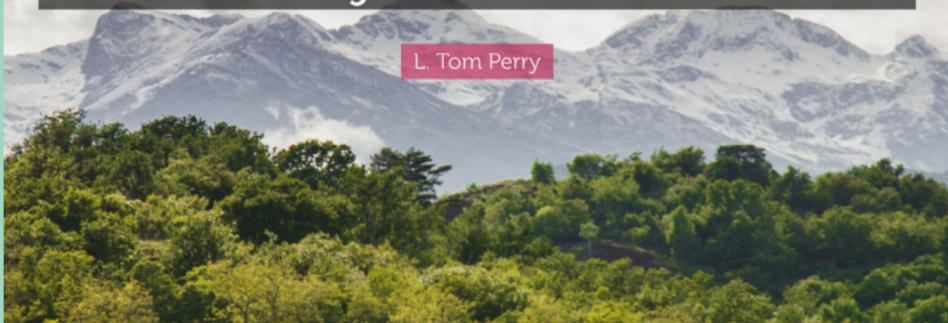


Put your
heart and
soul into
every
activity you
do as though
you are
doing it for
the Lord
himself.

DECEMBER 21

You are not competing with anyone else. You are only competing with yourself to do the best with whatever you have received.

L. Tom Perry



DECEMBER 22

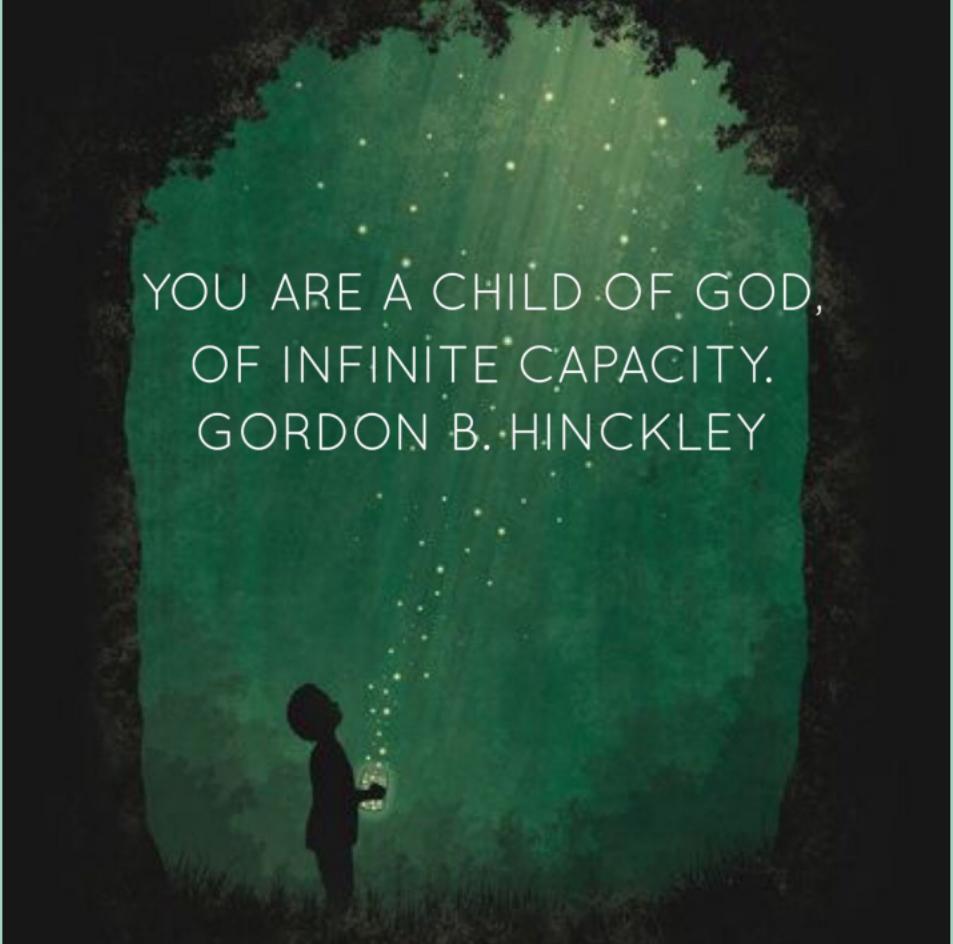


KNEEL DOWN
to pray.
STEP UP
to serve.
REACH OUT
to rescue.

-THOMAS S. MONSON-

LDS.ORG

DECEMBER 23



YOU ARE A CHILD OF GOD,
OF INFINITE CAPACITY.
GORDON B. HINCKLEY

DECEMBER 24

WITHOUT CHRIST
THERE WOULD BE NO

Christmas,
AND WITHOUT CHRIST
THERE CAN BE NO
fulness of joy.

EZRA TAFT BENSON

DECEMBER 25



and

the angel

Said UNTO THEM,

Fear Not: for behold,

I bring you **Good Tidings**

of *Great Joy*, which shall be

to *All People*. For unto *You* is

born this day in the City of David

a *Savior*, which is *Christ the Lord*

**Luke 2
10 - 11**

DECEMBER 26

O Holy Night!
The stars are
brightly shining,
It is the night
of our dear
Savior's Birth!

DECEMBER 27

Be peaceful.
Believe in God
and yourself.
You are doing
better than you
think you are.

JEFFREY R HOLLAND

DECEMBER 28

It is the
trials of life
that make us
humble and
make us
strong.

• Marjorie Pay Hinckley •

DECEMBER 29

YOU WILL
Never Have
THIS Day again



SO make IT
COUNT

DECEMBER 30

**KEEP YOUR
EYES ON YOUR
DREAMS,
HOWEVER
DISTANT AND
FAR AWAY.**

Jeffrey R. Holland

DECEMBER 31

I promise that
if you study
the Book of
Mormon every
day, you will
make better
decisions
every day

Russell M. Nelson