

T H E
P R E P A R E D
T E E N A D U L T

M O T H E R T O S O N

FIELD GUIDE FROM 17-25

You Can Go

where you can

Imagine and

What You

Can Say!

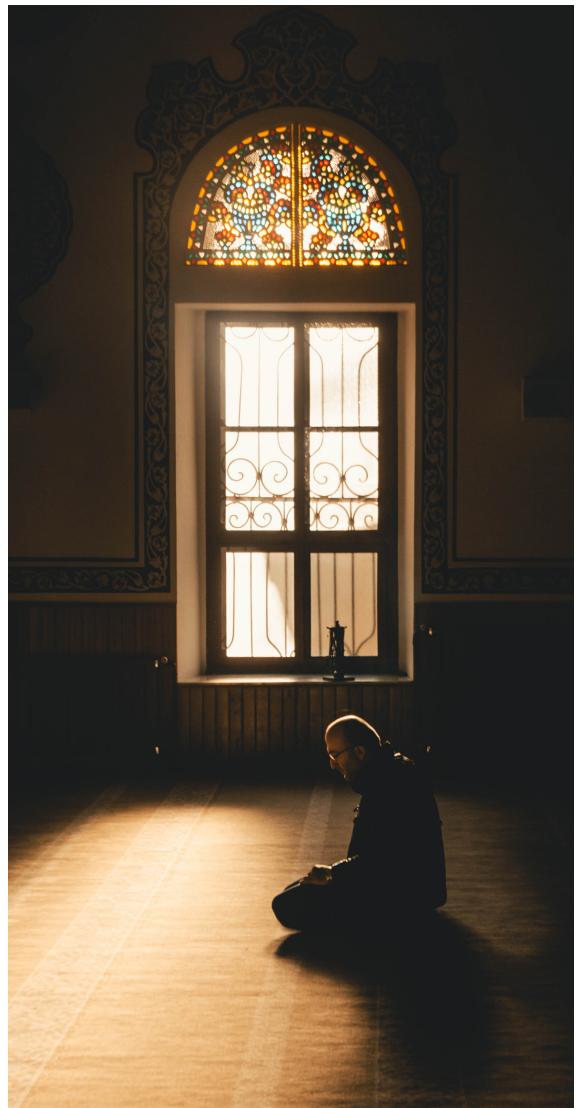




Silence can win friends.
Opinions Don't Matter.



Ask Allah for
Courage, Hope,
Contentment,
Money, Love....





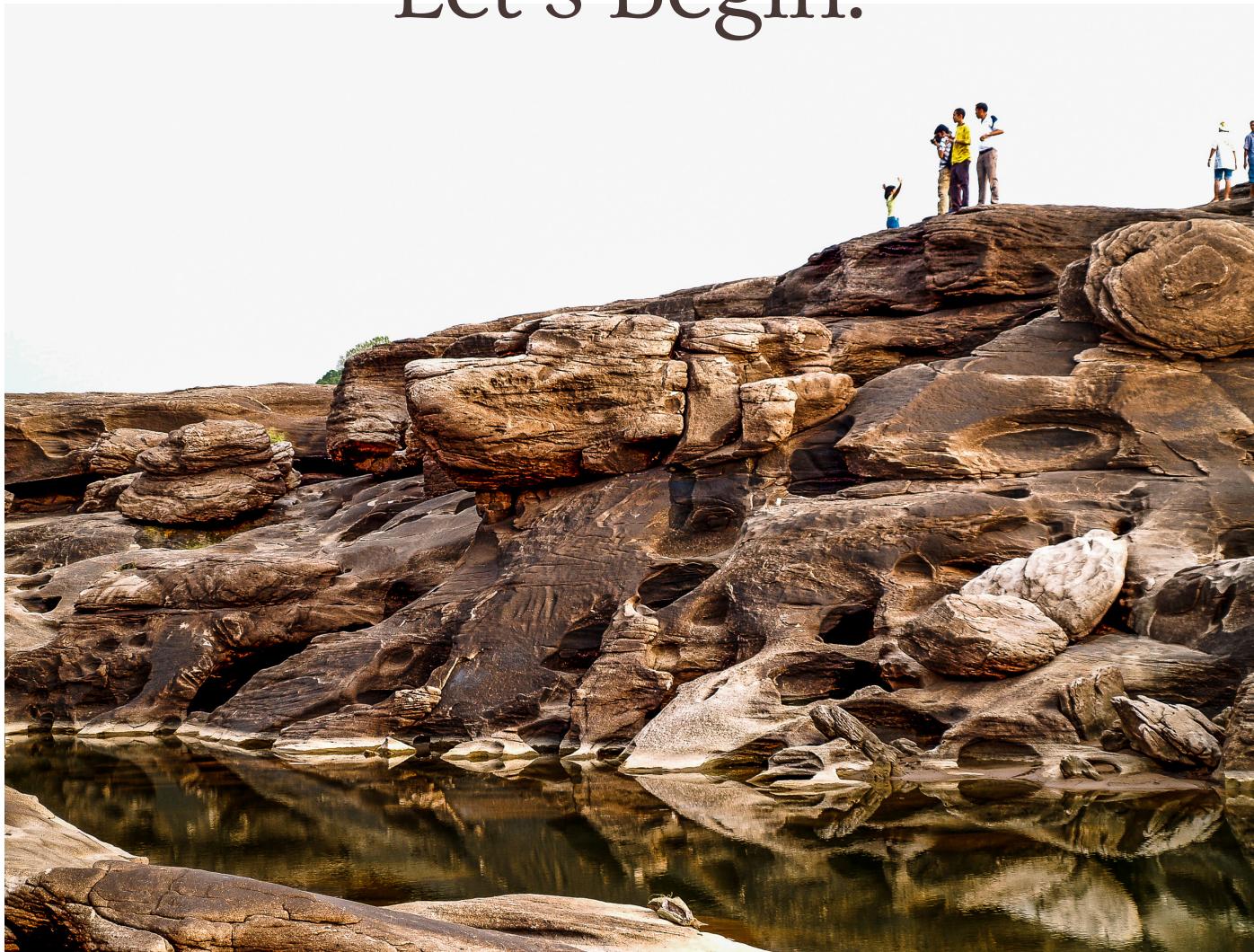
The hand that gives is
always stronger.
Give without
hesitation.



You are the best
guard of your secret



You only compete with
yourself.
Let's Begin.





Secrets of good health:
Sun, Soil, Water, Air, Sleep



Reduce mucous, acid & dryness
in blood





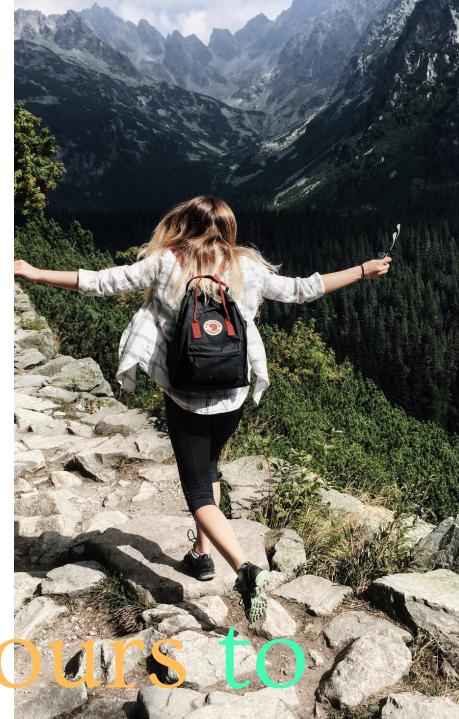
Grudge in your heart will
poison your mind



Avoid the 4 Cancers



Comparison, Competing,
Complaining, Criticism



The World is Yours to



Associate with
people of good
habits and you
will become
one of them



A photograph of a waterfall cascading down a rocky cliff face. A white stone arch bridge spans the narrow gorge where the waterfall falls. The surrounding area is dense with green trees and moss-covered rocks.

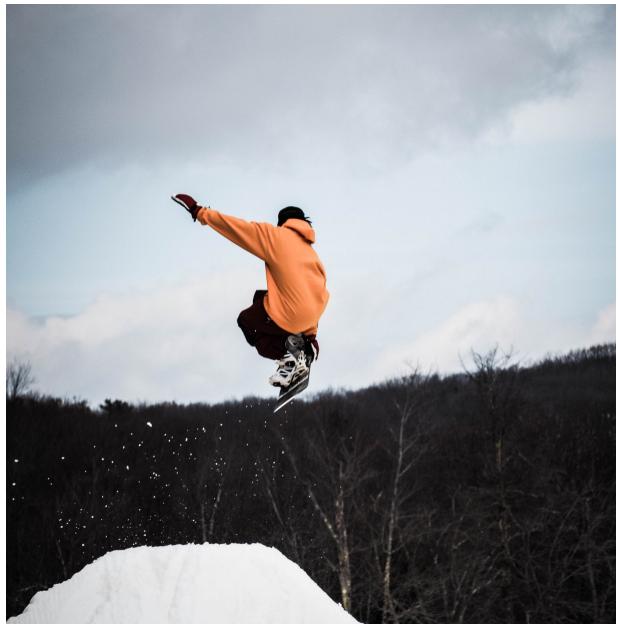
Cook Your Own
Food. Build Your
Own Bridges.



Success Builds on
itself. Each Day. Each
Moment. With Each
Hand You Offer.



Stretch Everyday.



Catch the Sunrise & Sunset.
Treat Your Eyes. Your Brain
Will Thank You!



Debt is grief at night
and humility in day.

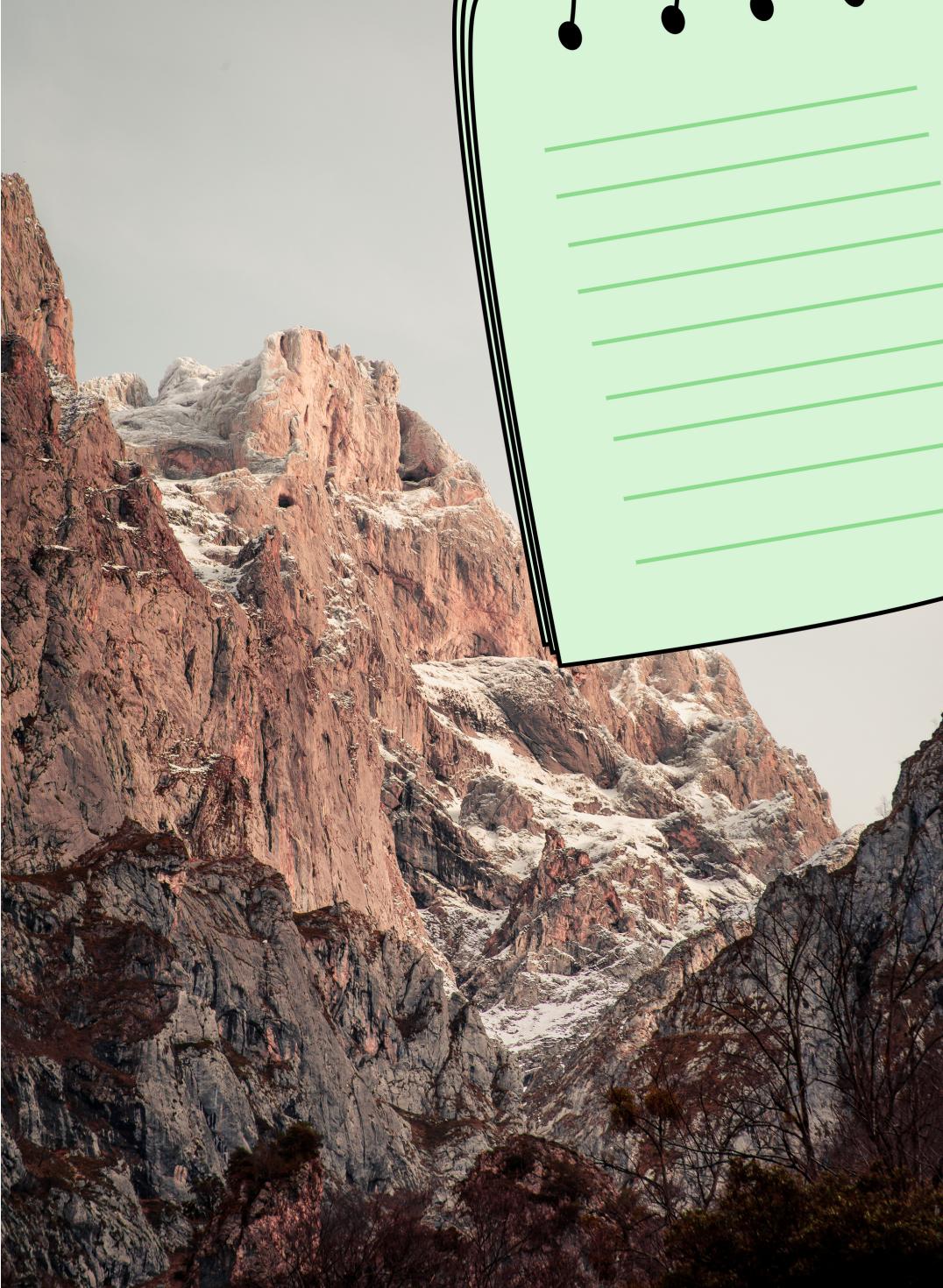




Life's Little
Pleasures are
Wonderful
Treasures

NOTES







Write Everyday! It Clears the
Mind.