

Title: Encouragement

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The past year has been long. There have been many ups and down in not only the stock market, but in life.

Discouragement may gradually sneaks in along with a frame of mind that lends itself to untrue thoughts. But those are simply thoughts, not truths. Write down some goals along with some steps to those goals.

My goals?

Reinvest in myself. Reinvest in everything that allows the best contribution to making the world a better place. From the outside, it may not be obvious. It may not be on social media. It may not be represented in a title or letters behind a name.

Everyday, awake as if it is a new day, a fresh start full of possibilities.

Life sometimes goes sideways, with ups and downs. There are people along the way who help. It is not always clear who those people are. It is often difficult to know who to trust.

I am still capable. I am still here for the mission. There are those who know who I am. Someone worked hard to create a narrative that I am not, but I will continue to strive to help those who need it most.

Moving forward for 2022, I intend to improve my self-care, improve my life, step up to fight for the causes nearest and dearest to my heart. I intend to improve my mind, to continue seeking my dream profession, to continue learning.

Remember that each person is worthy.