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1. Winnie the Pooh

"Today was a Difficult Day," said Pooh.

There was a pause.

"Do you want to talk about it?" asked Piglet.

"No," said Pooh after a bit. "No, I don't think I do."

"That's okay," said Piglet, and he came and sat beside his friend.

"What are you doing?" asked Pooh.

"Nothing, really," said Piglet. "Only, I know what Difficult Days are like. I quite often don't feel like talking about it on my Difficult Days either."

"But goodness," continued Piglet, "Difficult Days are so much easier when you know you've got someone there for you. And I'll always be here for you, Pooh."

And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs...he thought that his best friend had never been more right."

A.A. Milne

Sending thoughts to those having a Difficult Day today and hope you have your own Piglet to sit beside you.



2. Don't Complicate Life.

Don't complicate life

| | |
|-----------------------|-------------------|
| Missing somebody? | CALL |
| Wanna meet up? | INVITE |
| Wanna be understood? | EXPLAIN |
| Have questions? | ASK |
| Don't like something? | SAY IT |
| Like something? | STATE IT |
| Want something? | ASK FOR IT |
| Love someone? | TELL THEM |

Keep your life SIMPLE.

3. 12 Daily Reminders

12 DAILY REMINDERS

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, comes around

<https://www.thepurposefullife.com/post/12-daily-reminders>

