



Weekly Focus

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

- Albert Einstein.

Life is a reflection of your perspective.

The question is, what do you *choose* to see?

Look a little closer, and you'll come to see that whether it's the brightest of days or the darkest of hours, there's *always* something to be grateful for.

So let gratitude be the spark that reveals the good in life.

Allow your appreciation to amplify the feel-good feelings of gratitude.

And lean into the beautiful truth that your life truly is a miracle. ♥

You've got this.

The BestSelf Co. Team

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“Oh gosh! What do you think you'll regret not doing when you're on your deathbed? This Deeper Talk card from @bestselfco was drawn too.”
@littlebrusheschangingsoon

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