

be nice. blast



January 8, 2021

be nice.

Fresh Start 2021

Acknowledge it's **o.k. say**



Stop assuming you'll fail before you **TRY**

Stop beating yourself up
for making a mistake

Surround yourself only with
people who lift
you up, and not bring you down.

Reflect and respond. Do not
immediately respond

Communicate your feelings in a
health, and productive way.

<https://www.benice.org>

be active.

QUICK TIPS FOR SETTING GOALS



- Set goals that you know you will thank yourself later for doing
- The more specific a goal is, the better
- If you write them down, or better, tell someone, you'll more likely follow through
- Make an actual plan to do it
- Keep trying!

be aware.

**EVERY DAY
is the FIRST
DAY of the
rest of
YOUR LIFE**