

# Glimpse into Motivation

## Monday – BREATHE – week 20



Allow yourself the frustration, the anger, the sadness, the  
fear, the loneliness.

Allow yourself the hope, the prayer, the optimism, the  
expectation, the aspiration.

Know that you are not alone in this fight, and if you keep  
strong, no matter how empty you feel, something good will  
come. There is no other option. Giving up will not bring  
happiness.

**You are strong. You are loved.**

**You can make it.**