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.