



HAVE PATIENCE WITH ALL
THINGS - BUT FIRST WITH
YOURSELF. NEVER CONFUSE
YOUR MISTAKES WITH YOUR
VALUE AS A HUMAN BEING.

YOU ARE PERFECTLY
VALUABLE, CREATIVE,
WORTHWHILE PERSON SIMPLY
BECAUSE YOU EXIST. AND NO
AMOUNT OF TRIUMPHS OR
TRIBULATIONS CAN EVER
CHANGE THAT.

-SAINT FRANCIS DE SALES