



*ABC's
for Life*

"BE WHO YOU WANT TO BE
TOMORROW, TODAY."

MANNETTE MORGAN

Say these ABC's every morning and
see how your life changes.

CHANGING YOUR LIFE

Mannettemorgan.com.



START CHANGING YOUR LIFE TODAY:

- A - Attitude comes from within
- B - Believe in yourself
- C - Compassion can Change the world
- D - Dare to Dream
- E - Exercise your mind and body
- F - Forgiveness heals the spirit
- G - Give gratitude to God and the universe
- H - Happiness is the key to a Healthy life
- I - Inspire others through your own actions
- J - Joy is something you choose to experience
- K - Kindness is a universal language
- L - Learn to Love yourself
- M - Meditate and find inner peace everyday
- N - Nourish your soul
- O - Optimism Opens the mind
- P - Passion leads to Purpose
- Q - Quality of life is a Quest
- R - Respect all of your Relationship
- S - Smile - your Spirit is Special
- T - Treat others as you wish to be Treated
- U - Unconditional love and acceptance is the answer
- V - Visualize your dreams and desire
- W - Wisdom is always available; Wise men always listen
- X - eXpand your heart and eXperience life
- Y - You have all You need, to be all You can be
- Z - Zero in on your dreams

Speaker - Survivor of Abuse- Author of
Finding Your Voice
A Path to Recovery for Survivors of Abuse