

Health  
is nothing  
without **happiness**

**Work-Life Balance**  
exists when you put  
**Life** before **Work**

**Help:**

Ask for it

Take it

Give it

**GR** **it**  
**ace**  
**atitude**

Laughter is a  
universal language  
of *peace*, *hope*,  
and *love*  
Stop, Celebrate the  
Look success of  
others

and Listen

*Play more*

*Pray more*

*Awesomeness* is in It's possible to be happy  
*Perfection* is out no matter where you are in life

Gratitude is a powerful connector

Be kind to Don't get **messy**  
yourself & others mixed with **dirty**

Comfort zones keep  
you from growing

***Stop making excuses!***

Giggle more

~Debbie

Lyn

Toomey