

TEN

grateful ingredients

FOR A
bright life
AND A
happy kitchen



1

**BELIEVE THAT
LIFE IS ALWAYS
WORKING FOR YOU
NOT AGAINST YOU.**

2

**YOU ARE WHAT
YOU THINK...
AND EAT.**

3

**LIFE IS;
JUST LIVE IT!**

4

**TRYING TO BE
PERFECT IS A
SETUP FOR FAILURE.**

friday inspiration
JUNE 9, 2017

5 LIFE HAPPENS &
LIFE GOES ON.
THE SUN WILL RISE
AGAIN. IN FACT, IT
WILL RISE EVERY
SINGLE MORNING-EVEN
WHEN IT'S HIDING
IT'S THERE.

6 WHEN YOU DON'T
KNOW WHAT
TO DO,
DO NOTHING

7 RUN TOWARD
WHAT YOU FEAR;
CLOSE YOUR EYES,
HOLD YOUR NOSE,
AND JUMP INTO IT.

8 SAY 'THANK YOU'
EVERY DAY FOR
YOUR BLESSINGS
& BLESS YOUR
CHALLENGES
WITH GRATITUDE

9 SAY 'I'M SORRY'
WHEN NECESSARY
AND BE KIND
TO YOURSELF.

10 YOU ARE THE
COOK OF YOUR
OWN KITCHEN.

SOURCE:

GUMBO LOVE

Lucy Buffet



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