



Things Will Get Better

When things aren't going well for you and things aren't how they should

be.
Just focus on the position and think about what could be.
Acknowledge what has happened. Don't lose sight of lessons past.
But don't allow the negative distracting thought to last.
Take what you've learned and start from there. Draw strength from your frustration and let this added sense of purpose be your new foundation.

It's hard to follow any plans precisely to the letter, but remember always: things will get better. Never forget I will always be there to cheer you on and if needed, I would even carry you but never forget;

You are never alone.

Rachel...