

Quotes 3-11-13

Watch your thoughts, they become your words. Watch your words, they become your actions. Watch your actions, they become your habits. Watch your habits, they become your character. Watch your character, it becomes your destiny!

To be silent in the face of evil, is to be evil yourself!

Stab my body, slice my neck!  
I feel the pain but  
I'm already dead!

Feelings are just like waves, we can't stop them from coming, but we can choose which one to surf!

Heal the wound but leave the scar, so I can see my strength and know that I'm a conqueror.

Despair not, for this time  
was placed at your feet for a  
reason, not on your shoulders  
as a burden. Do not wallow  
in self pity, use it wisely and  
move forward, exercise your  
body, educate your mind, and  
enlighten your spirit.

I wish I could of been shot that  
day cause this is pure torture  
Every breath I take is sucking  
slow agony. My chest feels like  
I'm carrying a million pounds and  
my mind has so many beautiful  
memories that stab my heart  
over and over again. My soul  
feels crushed, my spirit is  
beaten. Even when I laugh in  
this prison, conviction reminds me  
of everything I've been through and  
I begin to remember, that a thousand  
jokes gives me no reason to laugh.  
And a smile shall never exist  
on my face. Laughter is a  
memory...