

The author, Angel Chernoff, asks, “You know how you can hear something a hundred times in a hundred different ways before it finally gets through to you?” **Does this sound like your check-in calls with teachers?** Here are a few thought—provoking points Chernoff makes:

- **“You will only ever live the life you create for yourself.”**

Your teachers try to persuade you, but they can’t decide for you. Be sure that what you end up deciding to do (or not do) goes along with you what you want out of your life. Be patient with yourself; patience is all about keeping “a good attitude while working hard for what you believe in.

*“Habits, choices, and “daily actions speak louder than your words.”*

- **“Some kind of failure always occurs before success.”**

Mistakes will happen; forgive yourself, and learn from them.

*“Just because it’s not happening now, doesn’t mean it never will.”*

- **“Thinking and doing are two very different things.”**

Chernoff states, “*You are what you do, not what you say you will do.*” She goes on to say, “Knowledge is basically useless without action. Good things don’t come to those who wait; they come to those who work on meaningful goals. Ask yourself what’s really important and then have the courage and determination to build your daily life around your answer.”

*“...remember, if you wait until you feel 100% ready to begin, you will likely be waiting the rest of your life.”*

- **“It’s not other people’s job to love you, it’s yours.**

Be kind to yourself! Know your worth...love yourself, flaws, appearance, and as incomplete as you think you are. In spite of all the warts you think you have, let yourself love the unique and loveable YOU!

- **“Everything changes, every day.”**

*“However good or bad a situation is now, it will change. That’s the one thing you can count on.”*

**Just for today, try living *your* life, loving yourself, appreciating what you have, doing what you think. Your actions today will speak louder than any words you say. Embrace change!**