

My 2020 Mantra

I don't have to be perfect, not for myself or anyone else. I am a human being.

Having a bad day is okay. It doesn't make me weak. The small steps towards my goal is still progress.

I will be everything I always wanted because I hold the pen that writes my story. I promise myself to wake up reminding myself that yesterday is not today. I will see the beauty in every day and be thankful.

My life is great with all the positive and negative things in it. I will also promise to grow while I continue to love myself and love who I am continuing to become.

-Jes Bauer

