

**“It’s not
what happens
to you,**

*It’s what
you do
about it.”*

WMitchell

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Pain is inevitable,
suffering is optional.

It's alright to look back,
just don't stare.

Do what you can, with what
you have, where you are.

Ask for what you want,
people may say, "Yes!"

Adversity introduces us
to ourselves.

We find only the world
we look for.

*What group would gain value from Mitchell's message?
What friend, family member or colleague would you like
to inspire with Mitchell's book, audio and video?*

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