

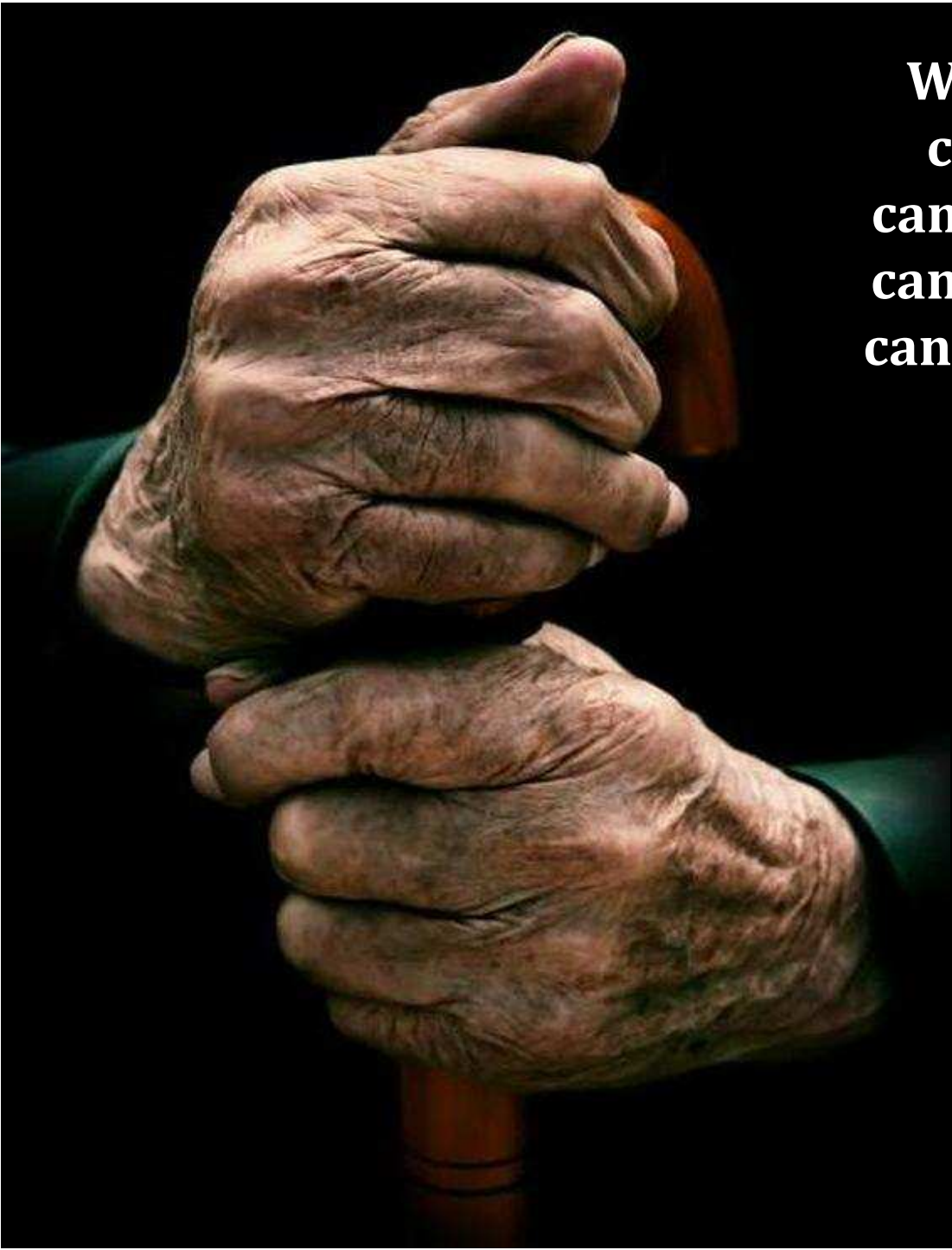


You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' **You must do the thing you think you cannot do.**  
-Eleanor Roosevelt



We don't always have to be strong.  
Sometimes our strength is expressed  
in being vulnerable. **Sometimes we  
need the courage to fall apart to  
regroup and stay on track.**



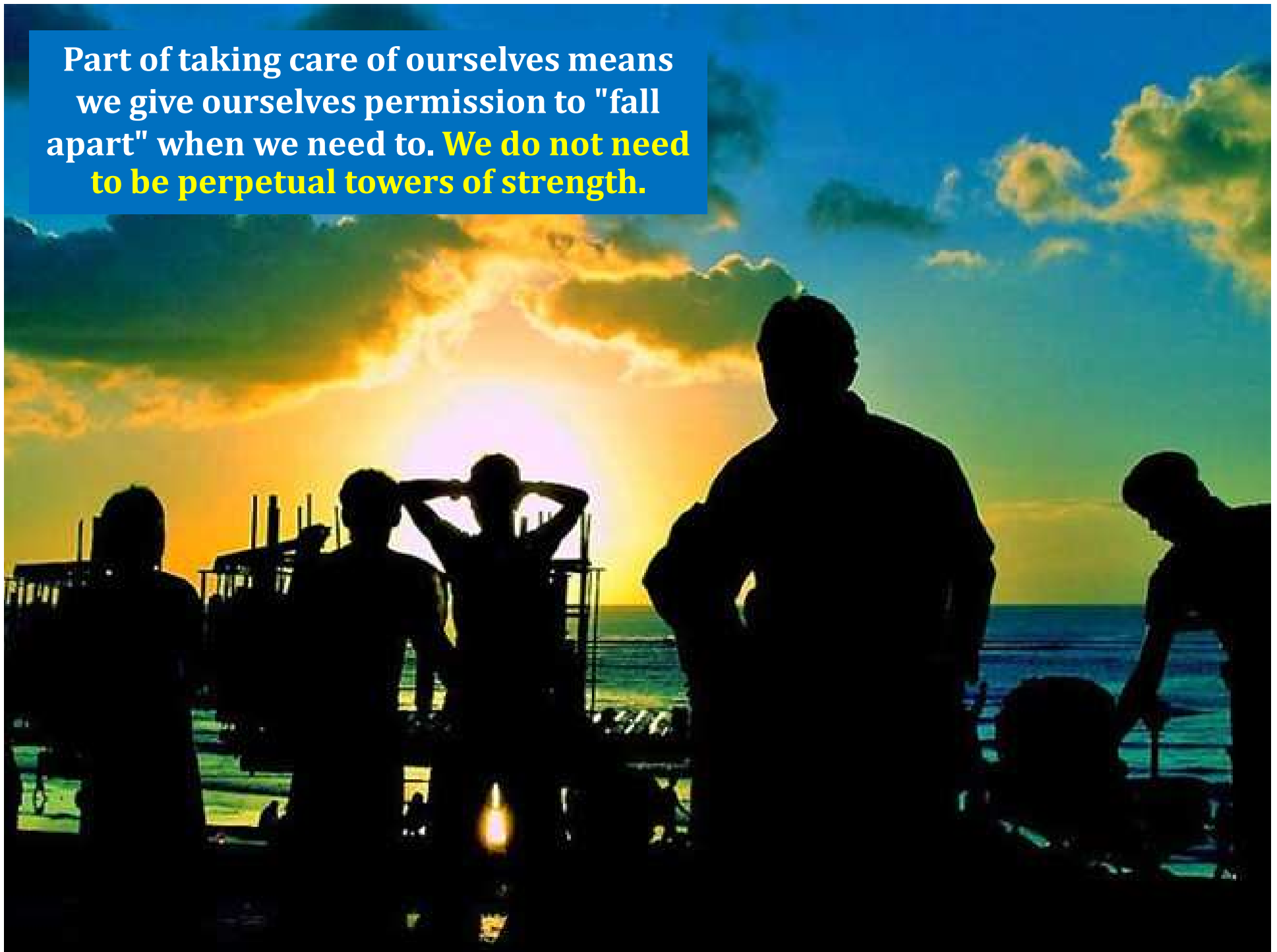


We all have days when we  
cannot push any harder,  
cannot hold back self-doubt,  
cannot stop focusing on fear,  
cannot be strong, but **it takes  
courage to face it with  
our confidence!!!**

There are days when we cannot focus on being responsible. Sometimes we cry in front of people. We expose our tiredness, irritability, or anger. **It takes courage to arouse us to stand up and keep moving forward.**



Part of taking care of ourselves means we give ourselves permission to "fall apart" when we need to. **We do not need to be perpetual towers of strength.**



We ARE strong. We  
have proven that our  
strength will continue  
if we allow ourselves  
**the courage** to feel  
scared, weak, and  
vulnerable when we  
need to experience  
those feelings.



**It takes strength to be firm.  
It takes courage to be gentle.**



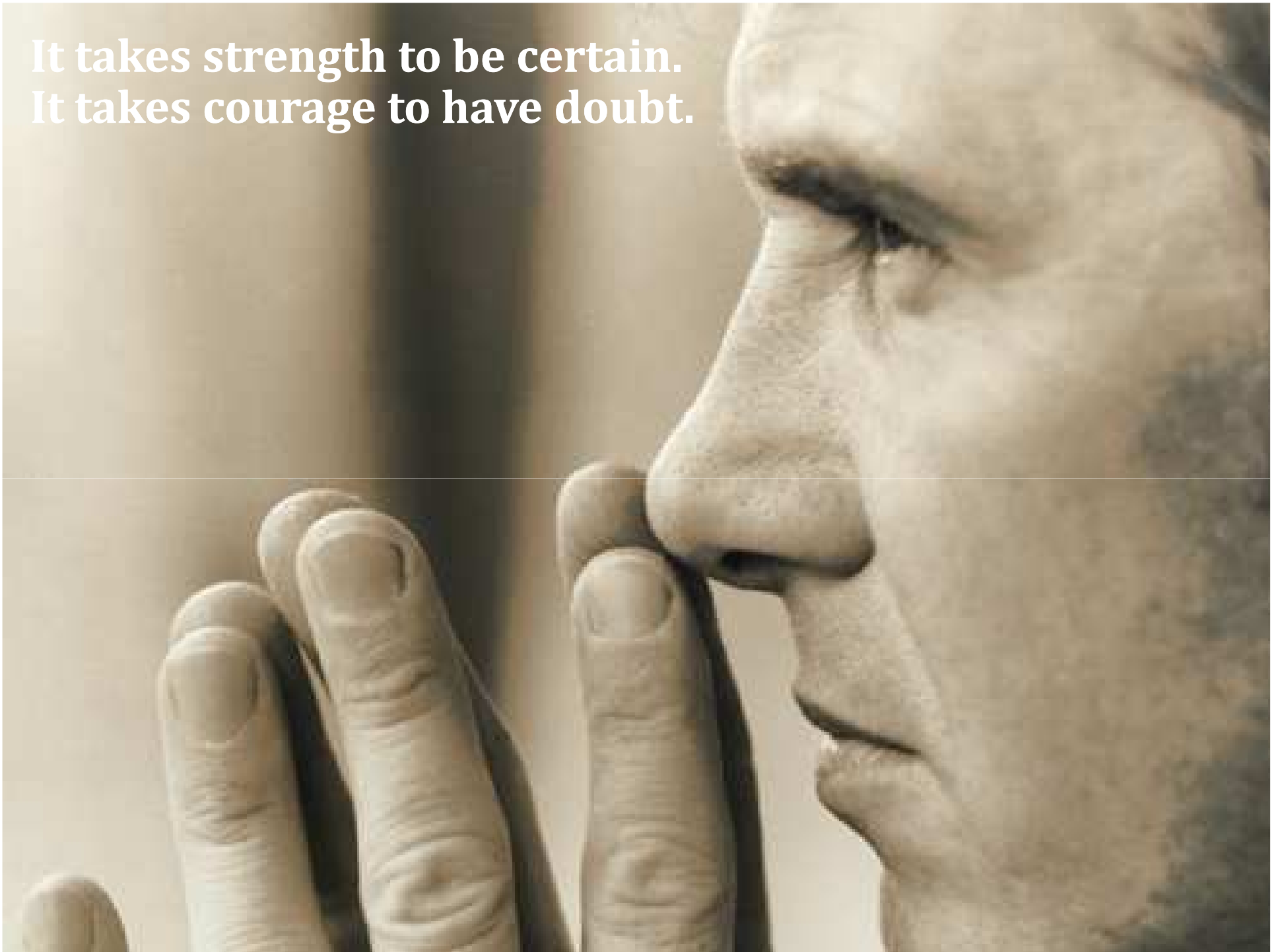
**It takes strength to  
stand guard. It takes  
courage to let down  
your guard.**



**It takes strength to conquer.  
It takes courage to surrender.**

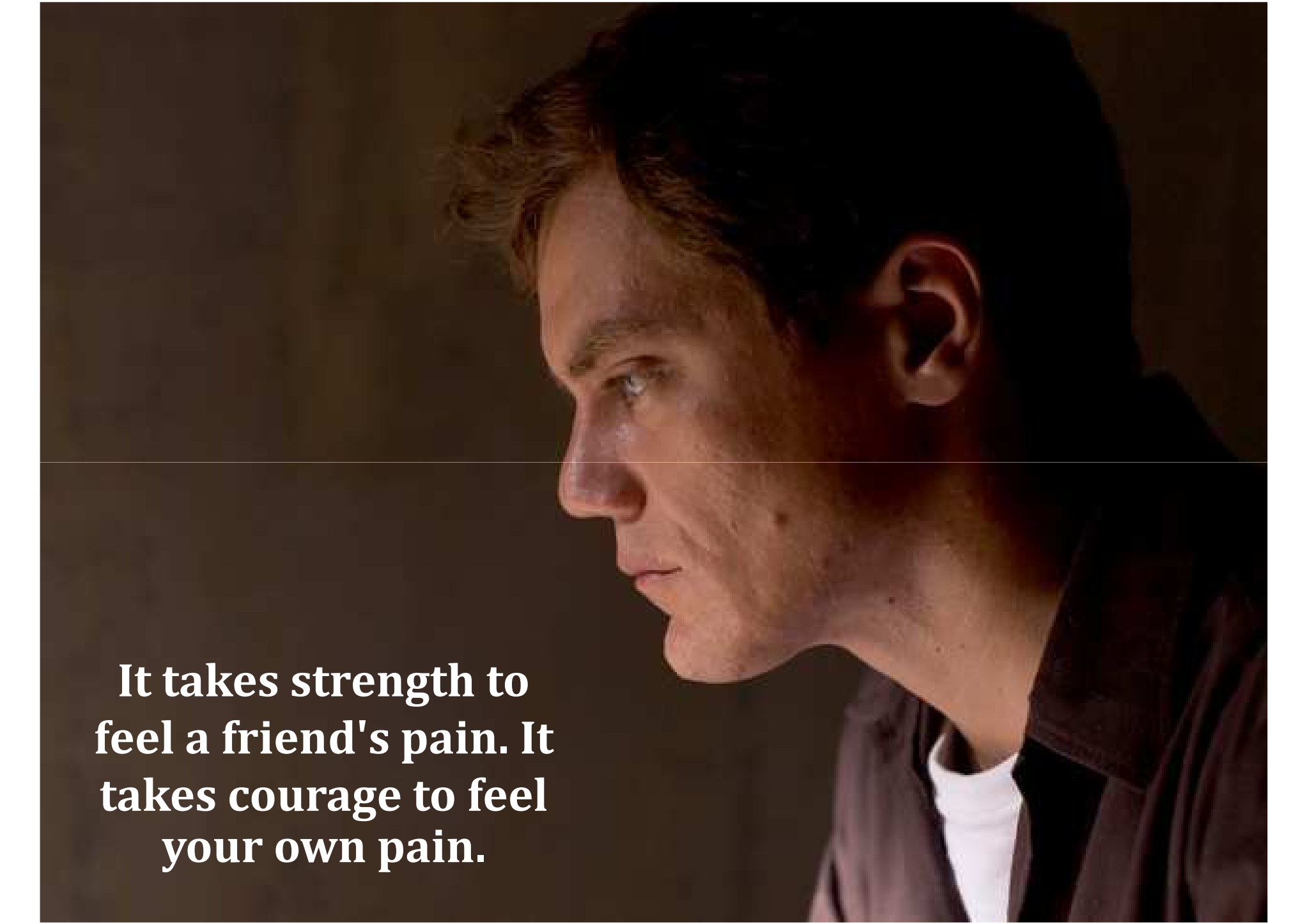


**It takes strength to be certain.  
It takes courage to have doubt.**



It takes strength to fit in.  
It takes courage to stand out.





**It takes strength to  
feel a friend's pain. It  
takes courage to feel  
your own pain.**

**It takes strength to hide feelings.  
It takes courage to show them.**



**It takes strength  
to endure abuse.  
It takes courage  
to stop it.**



**It takes strength to stand alone.  
It takes courage to lean on another.**



**It takes strength to love.  
It takes courage to be loved.**



A photograph of a massive waterfall with multiple cascades. The water is a muddy brown color and is falling over dark, mossy rocks. A large amount of white mist is being generated by the falling water. In the lower right corner, there is a viewing platform or bridge with a metal railing, where a group of people are standing and looking at the waterfall. The background shows more of the waterfall and some green foliage on the surrounding cliffs.

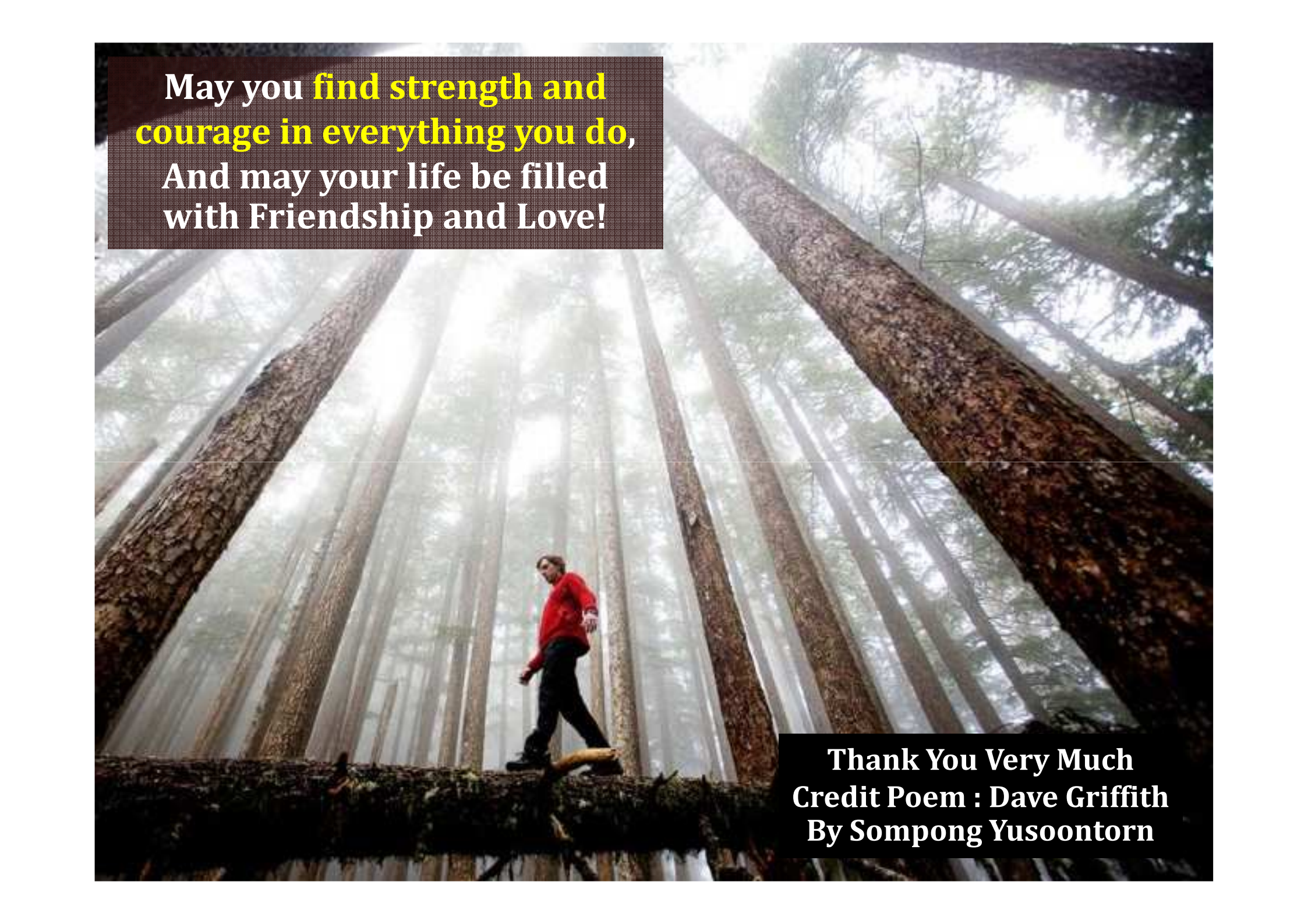
**It takes strength to  
survive. It takes  
courage to live.**

**It takes strength to admit when you're wrong. It takes courage to make it right.**



Today, help us to  
know that it is okay  
to allow ourselves  
to be human. Help  
us not to feel guilty  
or punish ourselves  
when we need to  
**"fall apart."**





May you **find strength and courage in everything you do,**  
And may your life be filled  
with Friendship and Love!

Thank You Very Much  
Credit Poem : Dave Griffith  
By Sompong Yusoontorn