You don’t get what you deserve. You get what you go after.

Allow yourself to love and be loved.

You cannot be a great leader of others until you first become a great leader of yourself.

There is nothing more dangerous than your ego on the hunt to prove its worthiness.

Love people enough to tell them the truth.

Find your voice, and you will find your confidence.

The bridge between your suffering and your healing is forgiveness.

You cannot love people into your version of existence.

Guilt is a sign that you walked away from the truth of who you are.

Don’t drown quietly. Ask for help.

Go to therapy when you need it.

When you’re not sure what to say, start with empathy.

Take time for things that bring you joy.

Believe in something bigger than yourself.

Take radical responsibility for your energy.

Stop trying to prove you belong and act like you belong.

Sometimes you will play bigger than others are ready for. Play big anyways!

Refuse to own others’ insecurities.

Authenticity trumps everything else.

We can all be assholes, so give people a break.

Mind your business. Most things have nothing to do with you.

Don’t give toxic people an audience.

Laugh every chance you get.

Be around people who challenge you to dream bigger and think deeper.

Relax. Most things are not as serious as you make them out to be.

It is okay to change your mind.

You always know the next right answer. Trust it.

Be a kind driver. Always let other cars over.

Presence is the greatest gift you can give someone.

It is denial that holds us back from growth, not other people.

You can honor your emotions without being emotional.

You can make something purposeful come from anything.

You’re not what you think. You’re what you act on.

Don’t hang people’s feedback on your soul.

Hold onto friends who make you feel less alone in the world.

Walk away when you are consistently being pulled out of the truth of who you are.

There is enough success for everyone. Support others.

Courageous action will take you further in life than fear ever will.

You have the right and freedom, at any moment, to redefine who you want to be.

Hold hands with people you love.