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SILENCE  
**your**  
INNER  
**critic**

Less time questioning

More time creating

Life is  
too *short*  
to spend it  
at *war*  
with  
*yourself*

*new month*  
*new beginning*  
*new mindset*  
*new focus*  
*new start*  
*new intentions*  
*new results*

I CAN

GROWTH

WERE NOT MEANT  
TO STAY THE SAME

change is good