

# EIGHT WAYS TO EMBRACE YOUR 20/20 VISION

## BELIEVE THIS

*The 2019 YOU does NOT  
define the 2020 YOU.*

## KNOW THIS

*Gratitude is the path to joy  
and inner peace.*

## CHOOSE TRUST

*God is still on the Throne.*

## LOOK UP

*Thank God for at least three  
things before sleep each night.*

## BE GRATEFUL

*Daily add to a written  
gratitude journal.*

## MEMORIZE THIS

*Psalm 100. When stressed,  
recite it out loud.*

## BE CONTENT

*Ask for less.  
Enjoy what you already have*

## TELL NO ONE

*Do at least one secret  
good deed per week.*