

Stay real



When having been hurt, disappointed, lied to, let down... many of us, understandably, adopt feelings and behaviors that are not our own.

Resist. Not everyone is the same. Not every situation is the same. Not every single thing will have the same result.

Don't allow bad moments or people change you for the worse.

Learn from all your experiences – either bad or good – and let them act as a motivator to become better.