

# ON THE WALLS

O G T I T E L S I M P E R M A N E N T N E T  
S I E T I M E E C M C Y H S A H A Y A D L Q  
U B I S C R A C S L I P Q I O S X H N Y P Z  
O P O M E S O Q V D A B C T X C V O B A M P  
R H P N N E O R I I Q O G V B D Y I I Y I K  
Q E I Z U L F T Y W I I L E P E Z N W C S K  
Y T N O I T C A F O M A R G O R P Y O T T M  
Y T I M E T A K E S T I M E H V W B Q G I M  
S V U L A C D O N E D A Y A T A T I M E P U  
C T L A H I A N R S U G D Y E V E F O M E O  
K C A B G N I M O C P E E K C L E U T L E C  
Y E K S I S S E N G N I L L I W O P O M K C  
U R M M Q U M I S E R Y I S O P T I O N A L  
N Y Z U E K C T M E U E X F W E Y K E O N U  
J U S T F O R T O D A Y T U R N I T O V E R  
I C Y E T I S E O D Y S A E I N K I E N H S  
F U U E T H I S T O O S H A L L P A S S C E  
F I R S T T H I N G S F I R S T D O M V E I  
L F N O T I V E L J O U H O W K S T H I N K

EASY DOES IT

FIRST THINGS FIRST

HALT

HOW

IMPERMANENT

JUST FOR TODAY

KEEP COMING BACK

KEEP IT SIMPLE

LET IT GO

MISERY IS OPTIONAL

ONE DAY AT A TIME

PROGRAM OF ACTION

SLIP

SERENITY

THINK

THIS TOO SHALL PASS

TIME TAKES TIME

TURN IT OVER

WILLINGNESS IS KEY

What are the principles that keep you going? What elevates you to be your best self?