

☐  
"THE OBSTACLES BEFORE US ARE  
NEVER AS GREAT AS THE POWER  
BEHIND US."

-Dallin H. Oaks



1. *Be Aware*

2. *Pray*

3. *Study*

4. *Journal*

5. *Repent*

6. *Serve*

7. *Work/ Increase Talents*

8. *Create Healthy Habits*

*(Physical, Emotional, Professional,  
Spiritual, or Social)*

9. *Search Out Help*

10. *Forgive*

[www.leftwithasmile.com](http://www.leftwithasmile.com)



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