

Nothing is better than you.  
Look at what you have.  
Forgive, praise, and appreciate yourself.



Everything starts from what  
you don't have.

Satisfaction is not something  
that others can measure.



Isn't it time to stop comparing yourself to other people?



## Module 4

Know the patterns of  
when you feel depressed.  
Research ways to control  
your moods and emotions.



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