

♥ My Comforts in Adversity

- “My [child], peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment; and then, if thou endure it well, God shall exalt thee on high; thou shalt triumph.” D&C 121:7-8
- “Thou hast great cause to rejoice; for thou hast been faithful.” Alma 8:15
- “If thou art called to pass through tribulation...know thou, my [child], that all these things shall give thee experience and shall be for thy good,” D&C 122:5-7
- “For a small moment have I forsaken thee; but with great mercies will I gather thee.” Isaiah 54:7
- “Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him.” 1 Cor 2:9
- “Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord.” Psalm 27:14
- When you have time to step away from life, do that. How do you use that time to bless yourself? Write Qs & let them go. Return to that list when you're in a good place and write the answers you would give yourself. If you cannot step away from your life, step away from the thoughts.

♥ Working On...

- Improving Christlike people skills
 - Speak softly, smile genuinely, stand confidently in Christ, listen to understand
 - Ask purposeful questions, pray for guidance to connect and better understand
 - Repent daily for less-than Christlike interactions
 - Speak no ill of/to others-particularly children (except personally, with agreement, in a mutually agreeable time & place)
 - When others seem caught up in praising you, briefly turn the praise to them & move on
 - Hard topics: pick one at a time, unify forward movement (negotiate), affirm love
 - Focus on TRUTH
- Put on a successful event
 - Save the date, personal invites, text reminders
 - Make assignments so others have a bigger reason to be there
 - Food variety—keep a list so you remember to pull everything out
 - Clean & set up venue in the morning
 - Have an idea of how others can help set up/clean up (because they always ask)
 - Make yourself available to guests as they arrive. Have ice-breaking conversation in mind
- Eat to live
 - Eat 80/20 (80% healthy, 20% fun)
 - Aim to meet specific diet needs daily, displacing junk food
 - Water 5 pints daily
 - Season each meal with hunger

