

NOTE TO SELF



IT'S OKAY
TO HAVE A
BAD DAY



IT'S OKAY
TO MAKE
MISTAKES



SET BACK
IS NOT
A FAILURE



IT'S OKAY
TO TAKE
A BREAK



NOTHING
IS PERFECT



IT'S OKAY
TO ASK
FOR HELP



SMALL
STEPS
ARE ALSO
PROGRESS



YOU'RE
STRONGER
THAN
YOU THINK



YOU
ARE
ENOUGH

Note To Self

Nicole A. Jones



Note To Self:

Note to Self Peter Ward, 2013-09-17 In a world where technology controls everything sometimes your own handwriting is the only thing you can trust Richard Henley is an ordinary man leading an ordinary life but when he finds strange notes in his own handwriting warning that someone is trying to kill him he is sent on a journey to places he never knew existed With an ominous and all powerful organisation on his trail his only hope is to trust unexpected allies take control of his life and uncover the truth about what happened to the girl he loved twenty years ago A darkly humorous commentary on our app obsessed culture if Richard can stay alive his world will never be the same again **Note to Self** Andrea

Buchanan, 2009-01-06 Thirty inspiring women share the enduring lessons they have learned from the defining moments of their lives Life rarely works out exactly as we plan Rejection by a cherished friend the onset of an unexpected illness struggle with body image and self perception these experiences may challenge us but our triumphs come to define us We find comfort joy tears and laughter in the wisdom insight and empathy we gain In *Note to Self* thirty dynamic women share their inspirational stories with writer director and television and film producer Andrea Buchanan Celebrities such as Grammy Award winning rock star Sheryl Crow and Emmy Award winning actress Camryn Manheim join stuntwoman Stacy Courtney football player Katie Hnida seventy year old HIV positive grandmother Beverly London and alcoholic turned interventionist Candy Finnigan to reflect on their unforgettable stories of redemption Punctuated by tears and laughter these poignant tales are full of incredible strength invaluable knowledge insurmountable odds helpful survival instincts amazing willpower humiliation sometimes on a national level and a hefty dose of humor These unstoppable women emerged stronger wiser and more successful from the often painful and humbling turning points in their lives While none of their unique stories will fit neatly on a sticky note you can tape to your wall each of them carries an indelible message that can **Note to Self** Gayle

King, 2019-04-30 In this New York Times bestseller Gayle King collects her favorite inspiring letters from the popular CBS This Morning segment *Note to Self* in which twenty first century luminaries pen advice and encouragement to the young people they once were What do Congressman John Lewis Dr Ruth and Kermit the Frog wish they could tell their younger selves What about a gay NFL player or the most successful female race car driver In *Note to Self* CBS This Morning cohost Gayle King shares some of the most memorable letters from the broadcast s popular segment of the same name With essays from such varied figures as Oprah Vice President Joe Biden Chelsea Handler and Maya Angelou as well as poignant words from a Newtown father and a military widow *Note to Self* is a moving reflection on the joys and challenges of growing up and a perfect gift for any occasion **Note to SELF** Aileen Harvey, Julie Fahy, 2025-04-29 *Note to SELF* is the book you d give a best friend or yourself when you need a reminder that you re not alone and encouragement to step into your fullest self Personal growth isn t something you do in isolation It happens in connection with others with yourself and with the truth of who you are Through honest reflections real life lessons and the ten pillars that have shaped their journeys Aileen and Julie

share how vulnerability self worth and redefining success can lead to deep lasting fulfillment Born from years of daily WhatsApp messages that became a lifeline this book is an invitation to step into your fullest self without fear without apology Because growth isn't about becoming someone new It's about returning to who you've always been **Note to Self** Ara Fernezian, 2019-09-13 **Note to Self** chronicles the inspiring journey of an Armenian immigrant's son and his endeavor to finding answers to his childhood struggles dreams and life purpose in the midst of religious and ethnic wars coupled with social and economic challenges Admittedly this is a challenging endeavor and yet he set out to find his happiness among the least searched paths He has explored and searched for answers in most religions philosophers authors and people's life experiences He's taken the most difficult roads and was left in darkness for some time due to constant internal battles and lack of self compassion until he reached a point of no return when he finally decided to face and conquer his fears and self doubts He's done that by isolating and distancing himself for some time from home family work and friends while trying to reach unveil and comprehend his deepest memories emotions self reflections and harbored childhood feelings Eventually as you will discover throughout this book all the right questions gradually started to come to the surface at a time when he surrendered himself to God's will accepted his true self with integrity and learned self love All these steps have led to his soul's awakening and have helped him realize the power within With enough courage and faith to follow his path he's been discovering the secrets of the universe which lied within his subconscious mind and heart sowed by his ancestors since the beginning of time **Note to Self** is an important reminder to every one of us to take a step back and focus on the inner self first before dealing with the outer world The author Ara Fernezian will explore two simple and fundamental self questions something maybe each one of us should ask ourselves How do you love yourself and others What have you done so far to improve people's lives **Note to Self** Nicole A. Jones, The key to a promotion can be a good presentation Poor oral and bodily hygiene can be as offensive as foul language These points are presented in the second book in the **Note to Self** series by Dr Nicole A Jones **Note to Self** When you get the job In this book of reminders Nicole A Jones discourages complacency when pursuing any tasks assigned She encourages readers to pursue assignments in the manner in which life advances them forward **Note to Self: The Secret to becoming your own Best Friend** Jo Macdonald, 2012-08-15 **Note to Self** The Secret to Becoming your own Best Friend invites you to discover the beauty and power of self love acceptance and becoming your own best friend Exploring topics such as Healing Menstruation and Body Image **Note to Self** shows you how to embrace who you are and write love letters for your soul Full of wisdom and top tips **Note to Self** also features over 30 beautiful letters from inspiring women around the world How might your life be different if you were truly your own best friend A truly inspiring read filled with encouragement on speaking your truth and living authentically Kimberly Wilson Author of *Hip Tranquil Chick* and *Tranquilista* Every woman in fact every teenage girl should read this book Jen Saunders Founder Editor in chief Wild Sister Magazine 10%% of all profits go to Plan's BECAUSE I AM A GIRL charity project *Today's Note to Self*

Geraldine Teggelove, 2012 When Nature Spirits speak it is truly time to listen for they speak with love and gentleness such powerful messages that are the answers to all our longings It is in those precious moments of time when we embrace the twinkling of a star the rustle of a leaf the flutter of a butterfly's wing or the unfolding of a petal that time stops we become ageless and we hear the whisperings of Spirit This book offers a completely new and unique way of looking into the mystical world of nature Today's Notes to Self capture beautifully Nature Spirits treasured messages of hope and inspiration and the practical steps to living as a modern day mystic Today's Note to Self is a beautiful book of meditation like observations captured in the field There is something tranquil and reassuring about this book perhaps it's the way it invites us to look to Nature for answers or the confirmation it offers about life and the place we hold in the world I encourage you to read this beautiful book It's a keeper that's for sure Scott Alexander King author of Animal Dreaming and the Animal Dreaming Oracle Cards www.animaldreaming.com **Note to Self (Foreword by Sam Storms)** Joe Thorn, 2011-04-07 We need good preaching preaching that challenges us by God's Word and brings the comfort that comes from God's promises Yet many of us rely solely on others to preach to us and are not benefitting from the kind of preaching that should be most consistent and personal preaching to ourselves Note to Self is a practical introduction to this daily discipline Pastor Joe Thorn delivers fifty brief devotional chapters that model preaching the gospel to ourselves and its practical implications Readers will be challenged by the book's direct personal exhortations to apply the law and the gospel to their own lives Part of the Re Lit series **Note to Self** Cht Carolyn Ann O'Riley, 2013-02-01 Awaken the sleeping remembrance of your Higher Self For those on their Spiritual Path this is a must read Note to Self Ask For More Angels Book VI of the Collection Archangel Michael Speaks contains wonderful Channeled Messages Inner Self Exploring Exercises Prayers for Abundance and Poems to help you remember who you really are The glorious Channeled Messages are for all of Humanity from Archangel Michael These Channeled Messages of The Creator's love are very powerful and assist you in learning to go back within yourself through meditation to remember your true Source Carolyn has been channeling these messages for over 12 years and this is Book VI of the Collection Archangel Michael Speaks Carolyn is also sharing some of her own intimate life details to help you understand her journey as well **Note to Self** Laurie Buchanan, 2025-07-30 Baggage We all carry it with us through life It comes in a wide variety of styles shapes and colors more than enough to accommodate the stuff that we accumulate through life And no matter how we dress it up it's frustrating inconvenient and slows us down In fact it's downright disruptive This book is about offloading emotional baggage something that's especially important when we realize that we don't just pack for one we pack for seven Each of the seven selves self preservation self gratification self definition self acceptance self expression self reflection and self knowledge has characteristics wellness types and shadows Each plays a vital role in harmony overall health and well being Chock full of real life emotional examples as well as keys at the end of each chapter offering actionable tips techniques and exercises designed to help you unlock baggage examine it and offload it permanently

Note to Self will help you discover a lighter joy filled you *Note to Self: Tie String Around Finger* Kacy Curtis,2003-10-14
This book is about magic It is about the persistence of faith the tenacity of innocence It is about doowap music and covered bridges and home made ice cream and New England cemeteries and the Bible and Elvis Presley and baseball and Allen Ginsberg and blues and rope swings and orgasms It is about the dark silent ever flowing river of enchantment and wonder It is about life and nothing else Note to Self: Stream of Consciousness Tim Yearneau,2017-10-26 Two weeks that s all I had

Sent to be a delegate the votes could wait but Atlanta wouldn t I became part prophet part tourist with a splash of barbeque and Hollywood to boot Southern hospitality ruled strong yet tears rolled down my cheeks I crooned in the life of luxury but this led to a paradox Browsing the streets were a cast of humanity the Georgia Peach an officer of the law and a soccer fanatic They came to where dreams come true And they all had one thing in common they talked to me It didn t stop with them an owner s daughter speaks Naughty girl met denial Duckman swallowed and Abe Lincoln said let s make a deal All in a days work Sherman started his famous March to the Sea in Atlanta Here in this travel memoir Mr Y makes his own March to Atlanta It s where moral conflict broods and serendipity percolates from irrevocable moments In the here and now Ghandi stands with Martin Luther King The past becomes the present and the present fades to the past **Note to Self: When you**

get your money Nicole A. Jones,2015-07-22 At times we tend to receive the greatest moment of financial clarity after our money has already been spent It seems we clearly recognize all of our poor financial choices after our funds have already been expended Note to Self When you get your money is a book of personal recaps of financial steps to consider before spending money It is filled with personal notes regarding day to day financial encounters and how to think through them before making financial decisions Each chapter is written based on biblical principles and encourages readers to thoroughly reason through their financial commitments rather than spend money impulsively **Note to Self** Connor

Franta,2017-04-18 From the award winning and New York Times bestselling author of A Work in Progress comes a collection of Connor Franta s most intimate raw honest and inspiring reflections on his own life as he s living it right now as well as his observations about contemporary culture Told through narrative poetry photography and illustrations this is a must have for every fan In his New York Times bestselling memoir A Work in Progress Connor Franta shared his journey from small town Midwestern boy to full fledged Internet sensation Exploring his past with humor and astounding insight Connor reminded his fans of why they first fell in love with him on YouTube and revealed to newcomers how he relates to his millions of dedicated followers Now two years later Connor is ready to bring to light a side of himself he s rarely shown on or off camera In this diary like look at his life since A Work in Progress Connor talks about his battles with clinical depression social anxiety self love and acceptance his desire to maintain an authentic self in a world that values shares and likes over true connections his struggles with love and loss and his renewed efforts to be in the moment with others and himself Told through short essays letters to his past and future selves poetry and original photography Note to Self is a raw in the moment look at the

fascinating interior life of a young creator turning inward in order to move forward *Notes to Self* Emilie Pine,2019-06-11

The international sensation that illuminates the experiences women are supposed to hide from addiction anger sexual assault and infertility to joy sensuality and love WINNER OF THE AN POST IRISH BOOK OF THE YEAR Emilie Pine s voice is razor sharp and raw her story is utterly original yet as familiar as my own breath Glennon Doyle 1 New York Times bestselling author of *Love Warrior* In this dazzling debut Emilie Pine speaks to the events that have marked her life those emotional disruptions for which our society has no adequate language at once bittersweet clandestine and ordinary She writes with radical honesty on the unspeakable grief of infertility on caring for an alcoholic parent on taboos around female bodies and female pain on sexual violence and violence against the self This is the story of one woman and of all women Devastating poignant and wise and joyful against the odds *Notes to Self* is an unforgettable exploration of what it feels like to be alive and a daring act of rebellion against a society that is more comfortable with women s silence Praise for *Notes to Self* *Notes to Self* begins as a deceptively simple catalogue of the injustices of modern female life and slyly emerges as a screaming treatise on just what it means to make your own rules turning the hand you ve been dealt into the coolest game in town Emilie Pine is like your best friend if your best friend was so sharp she drew blood Lena Dunham 1 New York Times bestselling author of *Not That Kind of Girl* To read these essays is to understand the human condition more clearly to reassess one s place in the world and to reclaim one s own experiences as real and valid Sunday Independent Harrowing clear eyed Everyone should consider this priority reading Sunday Business Post Incredible and insightful an absolute must read *The Skinny* Agonizing uncompromising starkly brilliant A short gleamingly instructive book both memoir and psychological exploration a platform for that insistent internal voice that almost any woman wishes they had ignored Financial Times Do not read this book in public It will make you cry Anne Enright *OPEN LETTER TO SELF* HEMANT BANSAL,2022-02-16 Dive into your heart center Sit in the silence Desire self realization with all your heart with all your mind and all your soul Everything will take care of itself Robert Adams **Note to Self** Vincent John Lecce,2022-02-09 *Note to Self* is a short self help book designed to inspire people to think act and speak in their own authentic ways Vincent John Lecce is a graduate of York University who studied philosophy and psychology He resides in Vaughan Ontario Canada

Note to Future Self John Brown,2015-04-23 Nothing provided **Notes to Self** Keara Davon,

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