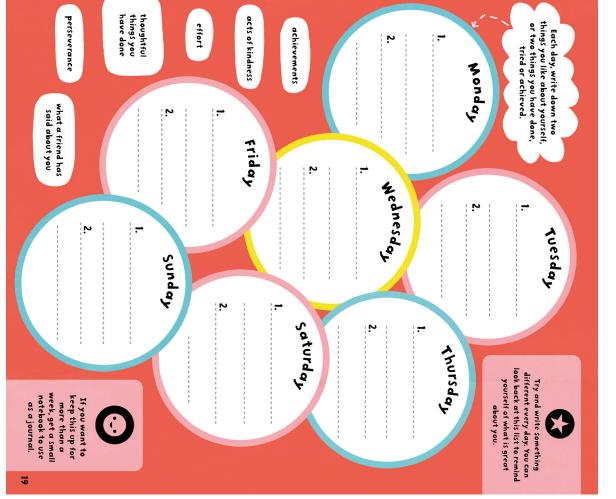
You are important

Everyone is important and every living person has value and purpose. When you start focusing on what you can do and how your actions affect other people, it is much easier to see how important you really are. Your physical body allows you to do all these things. Without your body, you would not exist and you would not be able to do those things that matter.

"You are perfect. To think anything less is as pointless as a river thinking that it's got too many curves, or that it moves too slowly, or that its rapids are too rapid."

Jen Sincero





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