



MARY LOVERDE'S

WINNERS QUIT

QUIT ABUSIVE RELATIONSHIPS.

No one deserves this.

QUIT SMOKING.

It's stupid to put carcinogens in your lungs in the name of pleasure.

**QUIT COMPLAINING IF YOU ARE NOT GOING TO
BACK UP YOUR BITCHING WITH ACTION.**

You are powerful. Act.

QUIT SAVING THE GOOD CHAMPAGNE FOR A SPECIAL OCCASION.

If you are strong enough to pop the cork, that's special enough. Celebrate life.

QUIT HOLDING A GRUDGE.

Forgiveness will set you free.

QUIT TELLING NEGATIVE STORIES IN YOUR HEAD.

Tell a new story the way you want life to be and watch what happens.

QUIT THINKING YOU ARE NOT GOOD ENOUGH.

Thinking it only makes it so.

QUIT LOOKING FOR A PILL TO MAKE YOU HAPPY & HEALTHY.

Eat fruits and vegetables, sleep for eight hours a night, exercise regularly, meditate, and connect with your family, friends, and faith. Love life.

QUIT JOBS YOU HATE.

Yes, even in tough markets. You won't succeed there, anyway.

QUIT BEATING YOURSELF UP.

You are lovable.

The real truth is *winners quit*.

Knowing what to quit, when to quit, how to quit, and why you are quitting
is the hallmark of an authentic life.

SO BY ALL MEANS, PLEASE, PLEASE QUIT.

