



THREE things I am most GRATEFUL for in 2015 are:

1.

2.

3.

"We each have the ability to choose whether to be happy or sad, compassionate or resentful, determined or defeated.
It is up to each of us to choose our attitude and overcome our challenges; *no one else can do that for us!*"

~ Amy Zellmer, founder of Faces of TBI

THREE things I am most HOPEFUL for in 2016 are:

1.

2.

3.