



23 THINGS TO BE IN 2023

written by Maryka Roux

LET'S MAKE 2023 THE BEST IT CAN BE
BY BEING THESE 23 THINGS IN 2023

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YOURSELF

NO ONE IS YOU AND ONLY YOU CAN BE
THE BEST YOU! SO BE YOURSELF!

KIND

WE DON'T KNOW EVERYONE'S STORY, SO BE KIND,
ESPECIALLY TO THOSE WHO ARE NOT!

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FORGIVING

FORGIVENESS SETS YOU FREE AND IS LIKE
LAUNDRY, WE HAVE TO DO IT AND DO IT OFTEN!

GIVING

GIVING AND EXPECTING NOTHING IN RETURN,
IS HOW WE GROW, SOW AND LEARN!

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LOVING

LOVE OVERCOMES THE BIGGEST OF OBSTACLES!
THE OPPOSITE OF FEAR IS LOVE!
LET US BE LOVING AND START LIVING!

FRIENDLY

A SMILE A DAY KEEPS THE ANGER AWAY! MAKE
LIFE WORTHWHILE - PUT A SMILE ON YOUR DIAL
AND DIAL UP OTHER PEOPLE'S SMILES!

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MINDFUL

OUR MINDS ARE SO FULL THAT WE STRUGGLE
TO BE MINDFUL! BE MORE AWARE OF YOUR
SURROUNDINGS, PEOPLE AND HEART!



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COURTEOUS

WHEN WE ARE POLITE AND CONSIDERATE, WE
CREATE A MORE COMPASSIONATE COMMUNITY
FOR ALL!

ENDURING

LIFE IS TOUGH, BUT SO ARE YOU! THIS RACE WE
CALL LIFE IS NOT ABOUT SPEED, BUT ENDURANCE!
HOLD ON, IT IS ALWAYS TOO EARLY TO QUIT!

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BRAVE

BEING BRAVE MEANS BEING COURAGEOUS AND
TO UNDERSTAND YOUR AUTHORITY! STANDING
UP FOR WHAT IS RIGHT, IN THE RIGHT WAY!

MERCIFUL

GRACE IS A GIFT OF UNDESERVED MERCY,
SOMETHING WE ALL NEED AND DESIRE.
LET US SHOW MERCY AND HAVE GRACE!

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HUMBLE

WITH HUMILITY COMES WISDOM!
DON'T THINK LESS OF YOURSELF, JUST
LESS ABOUT YOURSELF!

HONEST

HONESTLY SPEAKING, HONESTY IS THE
BEGINNING OF LOVE! THE TRUTH DOES
NOT HURT, THE TRUTH SETS YOU FREE!

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RESPECTFUL

RESPECT FOR OTHERS IS A SIGN OF RESPECT FOR
YOURSELF. YES WE SAY RESPECT IS EARNED, BUT
WHEN IT IS NOT GIVEN IT WILL NOT BE RECEIVED.



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LOYAL

LOYALTY IS SUCH A PRECIOUS THING THAT IS SO SCARCE. BEING LOYAL MEANS BEING TRUSTWORTHY AND FULL OF INTEGRITY! WHAT A SUPER QUALITY TO BE!

RESPONSIBLE

OTHER PEOPLE'S REACTIONS ARE NOT OUR RESPONSIBILITY, BUT OUR OWN IS. LET US RESPOND RATHER THAN REACT.

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COMPASSIONATE

COMPASSION SPARKS EMPATHY; WALKING IN OTHER PEOPLE'S SHOES AND TRYING TO UNDERSTAND THEIR STORY INSTEAD OF JUDGING IT!

HOPEFUL

BLESSED IS THE ONE WHO DOES NOT LOSE HOPE!
HOPE IS FAITH IN WHAT IS NOT YET SEEN!
DO NOT LOSE HOPE!

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HUMOROUS

LAUGHTER TRULY IS THE BEST MEDICINE!
WHEN WE SEE AND SEEK JOY IN EVERY SITUATION,
LIFE IS LIGHTER AND WE BECOME IGNITERS!

PATIENT

BEING PATIENT IS THE ABILITY TO ACCEPT DELAY WITHOUT BECOMING ANNOYED, ANXIOUS OR RUDE. LET US PRACTISE PATIENCE AND MAKE THE MOST OF EVERY MOMENT!

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PEACEFUL

PEACE COMES FROM WITHIN AND NEEDS TO BE PRACTISED DAILY. WHEN WE PRACTISE PEACE AND LIVE FROM IT, WE APPROACH LIFE WITH HOPE.



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UNDERSTANDING

GOING OUT OF OUR WAY TO NOT JUST SAY OUR
SAY BUT LISTEN AND UNDERSTAND OTHERS,
LEADS TO COMPASSION.

ENTHUSIASTIC

ENTHUSIASM IS FAITH IN ACTION! LET US BE
PASSIONATE ABOUT LIFE AND ALL WE DO!

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