

GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



VALIDATION FIVE: ONE STEP AT A TIME

Discipline, persistence and focus . . . taking small steps and celebrating victories along the way is what I've learned to do. As a result, at the end of every day I get to say YES! And, to soften the missteps, I remember a favorite quote from author Paulo Coelho "The secret of life, though, is to fall seven times and to get up eight times."