

Susie De Pavia  
quotes 2016



**Focus on yourself,  
in what you are doing,  
and put all your energy  
in being and doing better  
and it will pay tenfold.**

*Susie De Pavia*


THE FACT THAT  
WE SOMETIMES  
MAKE MISTAKES  
DOES NOT MEAN  
WE ARE A MISTAKE.

*Susie De Pavia*

Act! It is your option and your decision.

Stop leaving your destiny to luck  
or to others.

Susie De Pavia



**Keep learning!  
Take every  
opportunity you get  
to grow and learn.**

*Susie De Pavia*

Establish your goals,  
determine your strategy,  
act and move towards  
making them a reality.

Susie De Pavia

*Every road  
can take you towards your goal  
when you are tenacious  
and give the best  
of yourself.*

*Susie De Pavia*

Make it your goal to do things  
that fill you with satisfaction  
and happiness and the reward  
will come on its own!

*Susie De Pavia*






**DON'T BE AFRAID TO TAKE RISKS!  
THE GREATEST FAILURE IS IN NOT DOING IT,  
OR NOT AT LEAST TRYING TO DO IT.**

*Susie De Pavia*

Learn how to manage your time  
without it managing you  
and be the most patient  
when you are in hurry.



*Susie De Pavia*

A string of warm white lights hanging against a dark blue background. The lights are arranged in a slightly wavy line across the top of the image, casting a soft glow. The background is a deep, dark blue, creating a serene and inspiring atmosphere.

*Believe in your ideas!  
An idea can be priceless,  
so find the way  
to see it materialize.*

*Susie De Pavia*



When you feel  
you have lost  
something or someone,  
appreciate it/them  
as a way to grow  
and gain something.

Susie De Pavia


The people in your life  
can be a blessing  
or a lesson.

Susie De Pavia



If you find something  
about yourself  
that you don't like,  
find a way to change it!

*Susie De Pavia*



*Never* give up  
no matter how hard  
*the path is;*  
your perseverance will  
*get you to your goal.*

Susie De Pavia

Your life is in your hands.  
Use your knowledge, your skills,  
and anything you have at your disposal  
to live a happy life.

Susie De Pavia








Happiness  
and gratitude  
go hand in hand.

Susie De Pavia

Be positive even if  
it is hard for you.

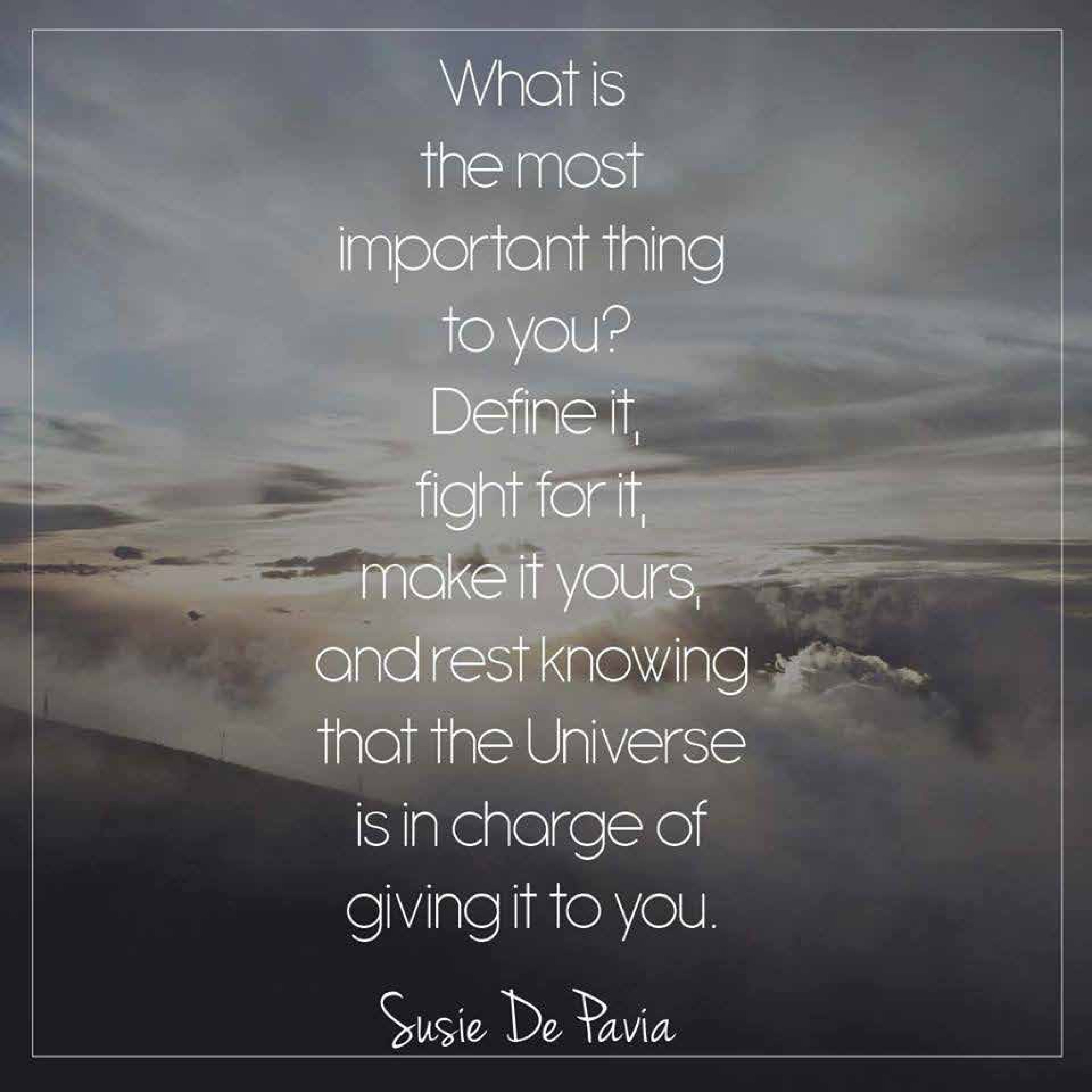
Every time you think positively  
you change the energy  
and perspective of the moment.

Susie De Pavia

An aerial photograph of a city at dusk, showing numerous skyscrapers and buildings with lights on. The sky is a mix of blue and purple. A semi-transparent white box is overlaid on the center of the image, containing the quote in white text.

**LIFE IS CHANGE!  
NOTHING STANDS STILL  
AND EVERYTHING IS ENERGY  
CONSTANTLY IN MOTION  
AND CHANGE.**

*Susie De Pavia*



What is  
the most  
important thing  
to you?  
Define it,  
fight for it,  
make it yours,  
and rest knowing  
that the Universe  
is in charge of  
giving it to you.

*Susie De Pavia*

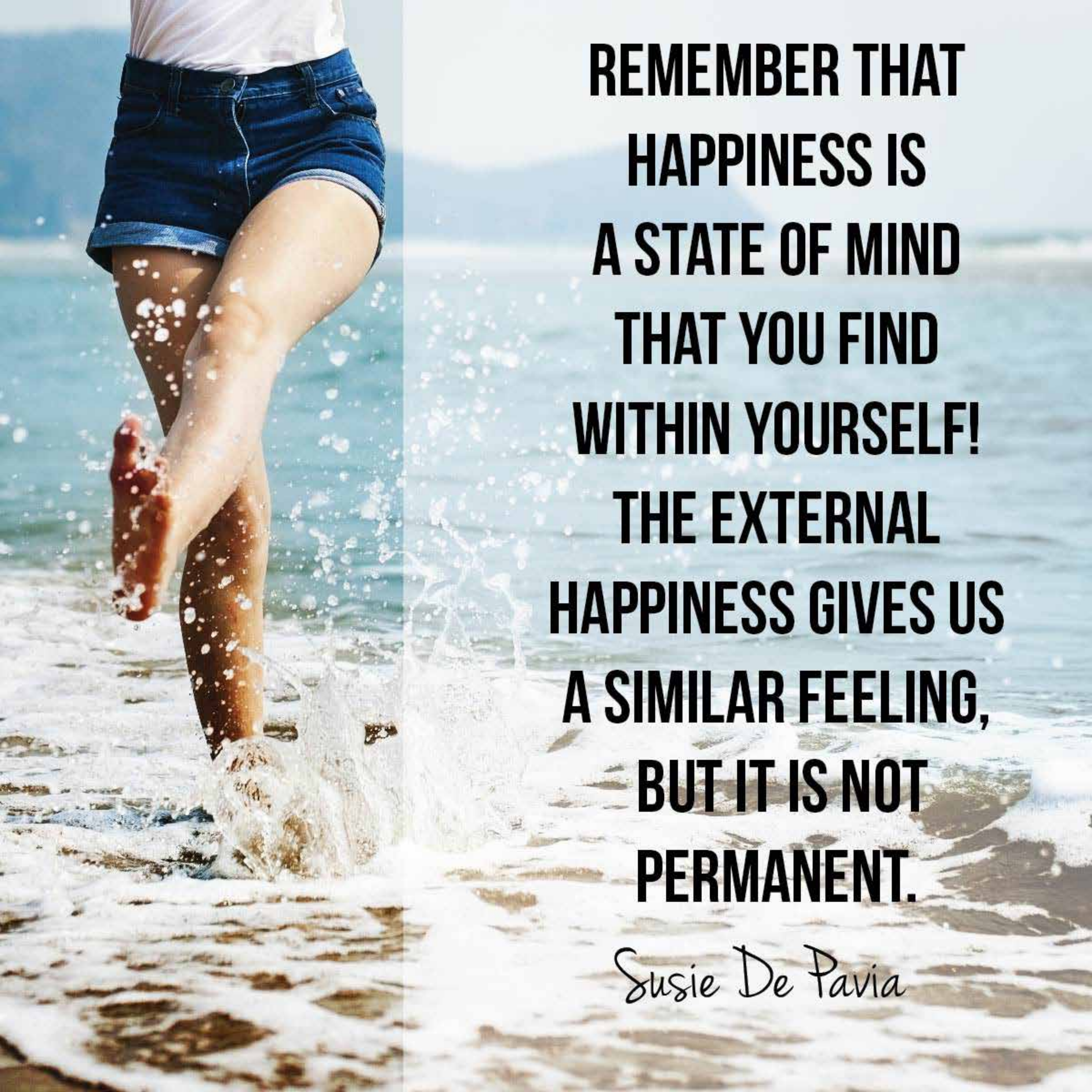
*Do not resist positive change,  
just let it flow and let yourself go with it.  
It is for your own good!*

*Susie De Pavia*

Every thought we send  
has a great force.  
Make the thoughts  
you send to others  
be harmonious.

*Susie De Pavia*



A person wearing a white t-shirt and blue denim shorts is running on a beach. The person's legs are in mid-air, and they are splashing through shallow waves. The background shows the ocean and a clear sky. The overall mood is energetic and joyful.

**REMEMBER THAT  
HAPPINESS IS  
A STATE OF MIND  
THAT YOU FIND  
WITHIN YOURSELF!  
THE EXTERNAL  
HAPPINESS GIVES US  
A SIMILAR FEELING,  
BUT IT IS NOT  
PERMANENT.**

*Susie De Pavia*

Accept that the Universe  
loves you without regards  
to what you have done or do wrong.  
Forgive yourself and receive all the love  
the Universe has for you.

*Susie De Pavia*



GIVE THANKS ANYTIME YOU CAN  
FOR EVERYTHING THAT YOU HAVE  
AND FOR ALL THAT YOU ARE WAITING FOR.  
IT IS ON IT'S WAY!

Susie De Pavia

*When you think of someone that angers you,  
send them feelings of love and harmony.  
By doing so you remove all negative  
sentiments towards that person.*

*Susie De Pavia*

If you have feelings of anger or  
resentment inside you,  
that is what you will attract; therefore,  
have feelings of happiness and love  
and you will attract that to you.

*Susie De Pavia*

*The more impatient you are,  
the longer it will take for what  
you want to manifest.  
Be calm and confident.*

*Susie De Pavia*

You are an electromagnetic being  
that emits frequencies.

What vibrates in your frequency  
is what comes to you.

Ask yourself  
how things are going for yourself?

You will then have the answer  
to what frequency you are vibrating at.

*Susie De Pavia*

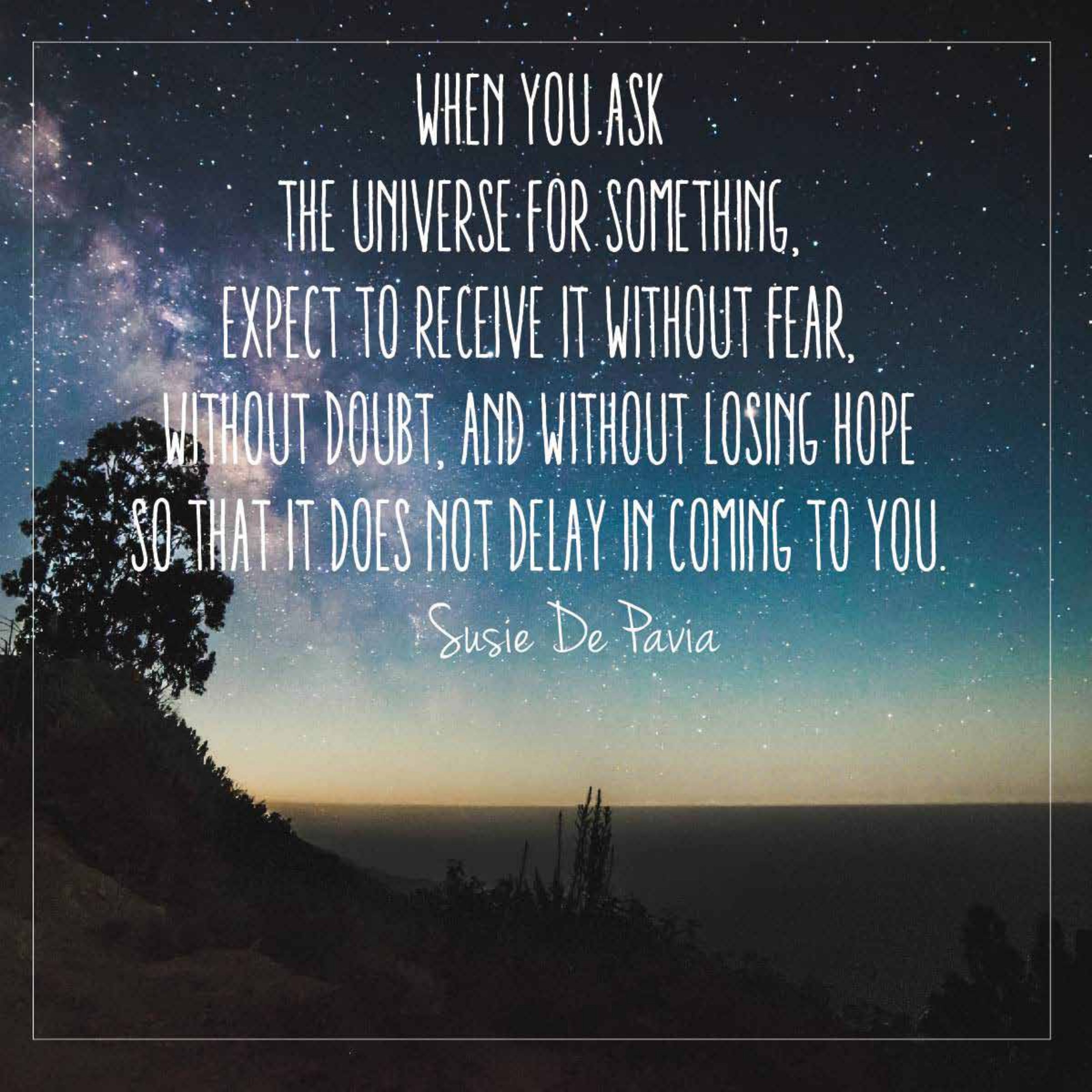
*What you think  
about another person  
is what you attract  
for yourself.*

Be careful!

Susie De Pavia

Have faith! Even though you can't see it,  
believe that the Universe is in charge of  
magnetizing it to you.


Susie De Pavia



WHEN YOU ASK  
THE UNIVERSE FOR SOMETHING,  
EXPECT TO RECEIVE IT WITHOUT FEAR,  
WITHOUT DOUBT, AND WITHOUT LOSING HOPE  
SO THAT IT DOES NOT DELAY IN COMING TO YOU.

*Susie De Pavia*





In order to manifest  
things, big or small,  
you must keep  
your thoughts  
and words congruent  
so you can  
attract them.

*Susie De Pavia*

A person wearing a dark hat and jacket is seen from behind, looking out at a sunset over a body of water. The sky is filled with soft, orange and yellow light, and the water reflects the colors. The person's hair is blowing in the wind.

Get to know yourself  
and realize how you manifest  
the small things when  
you stop contradicting yourself.

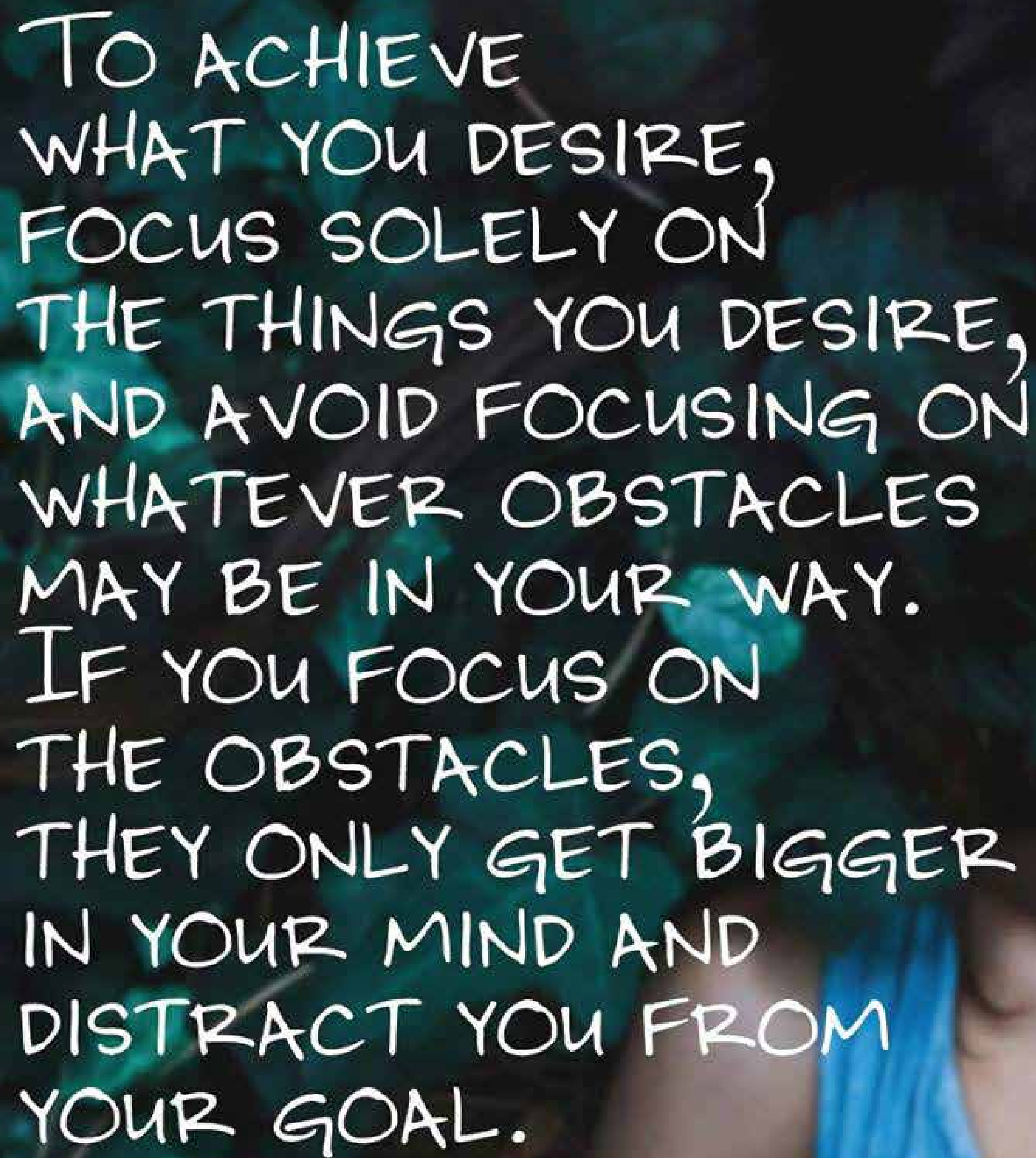
Susie De Pavia

You must believe  
in order to receive!

Believe,

feel like you already have it,  
and receive it!

Susie De Pavia

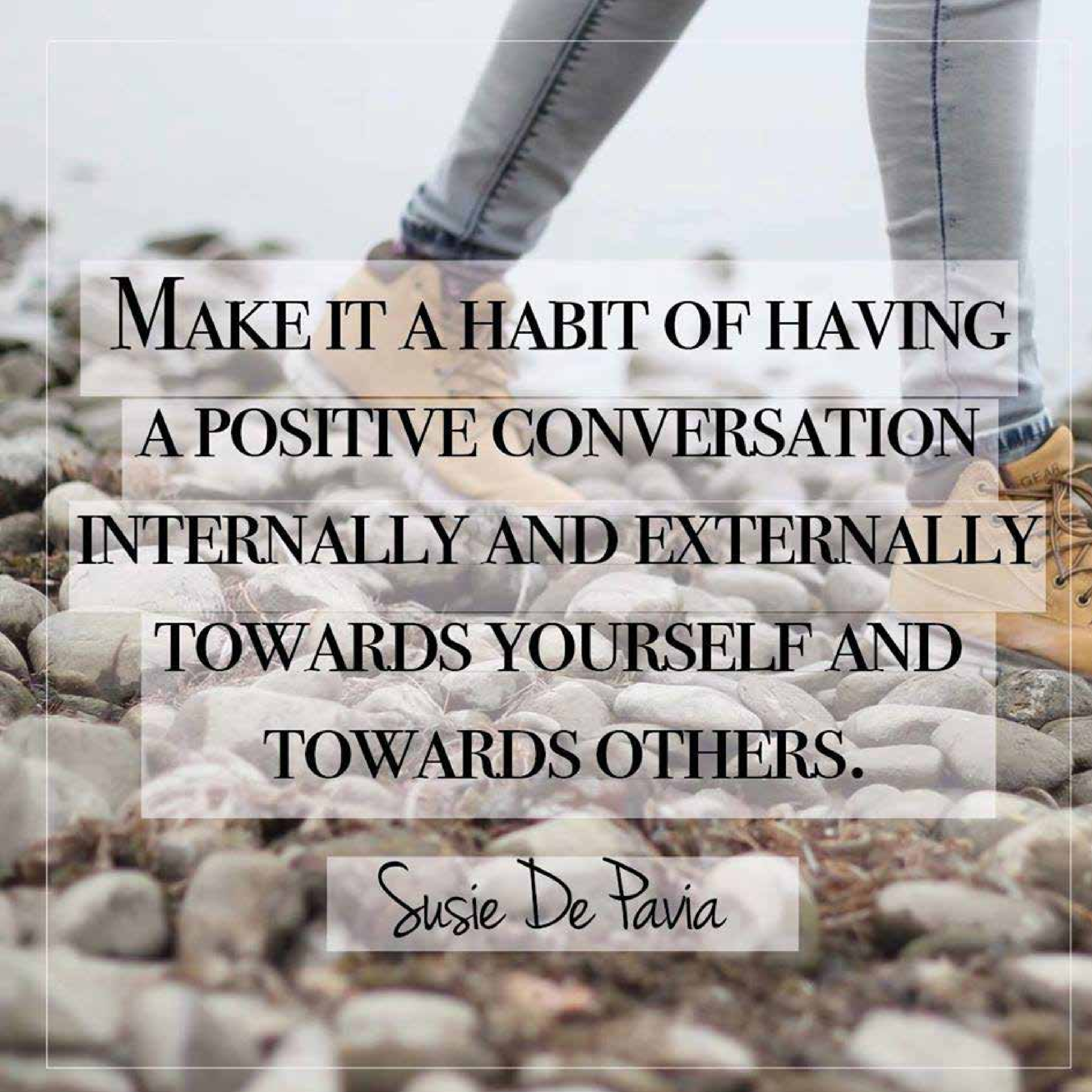


TO ACHIEVE  
WHAT YOU DESIRE,  
FOCUS SOLELY ON  
THE THINGS YOU DESIRE,  
AND AVOID FOCUSING ON  
WHATEVER OBSTACLES  
MAY BE IN YOUR WAY.  
IF YOU FOCUS ON  
THE OBSTACLES,  
THEY ONLY GET BIGGER  
IN YOUR MIND AND  
DISTRACT YOU FROM  
YOUR GOAL.

Susie De Pavia

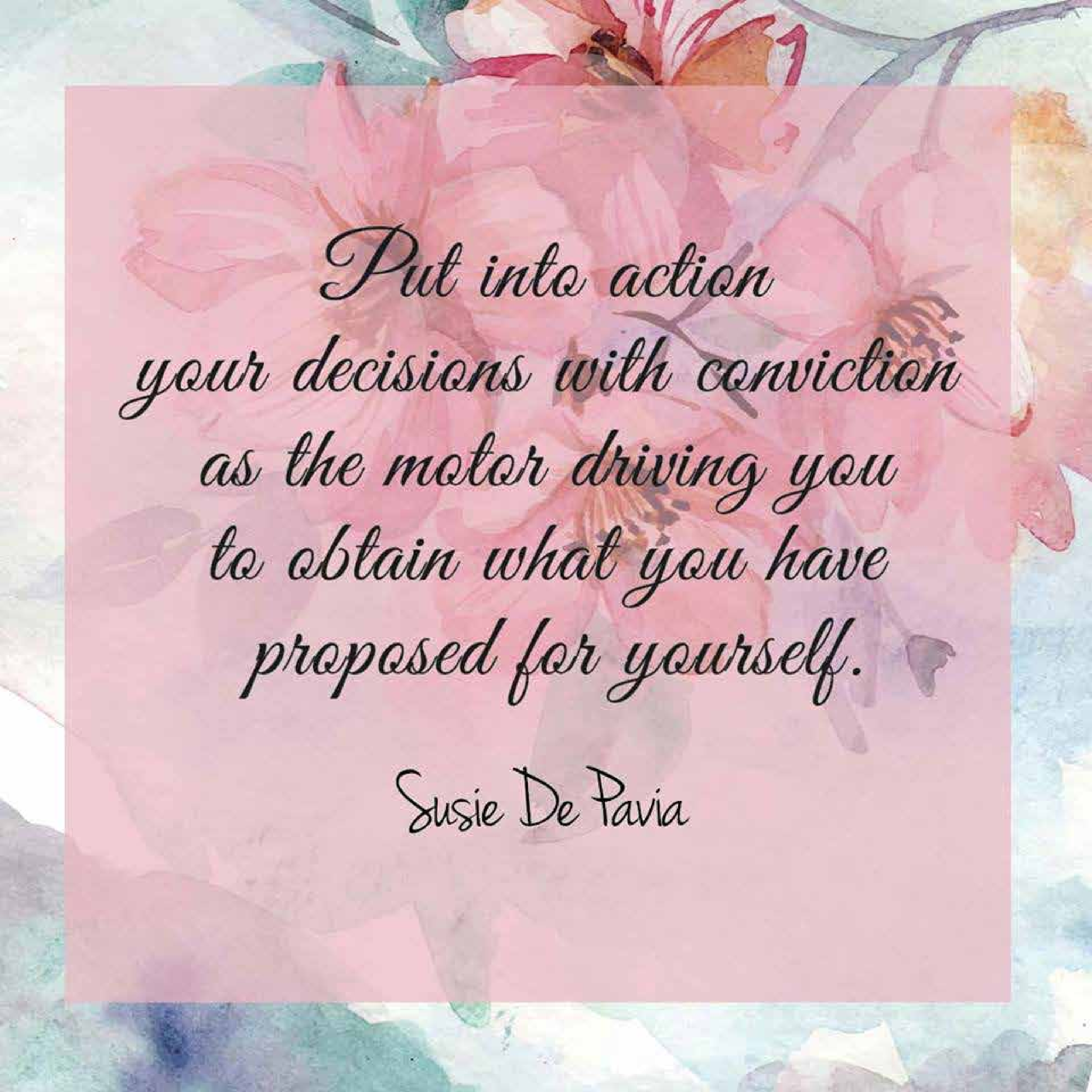
Have the vision and capacity  
to install in your mind  
the images that represent  
the future you are building.

*Susie De Pavia*

A person's legs in light blue jeans and tan work boots are walking on a rocky beach. The background is a soft-focus view of the ocean and sky. The text is overlaid on the image in a black, serif font, arranged in five lines.


**MAKE IT A HABIT OF HAVING  
A POSITIVE CONVERSATION  
INTERNALLY AND EXTERNALLY  
TOWARDS YOURSELF AND  
TOWARDS OTHERS.**

*Susie De Pavia*



*Put into action  
your decisions with conviction  
as the motor driving you  
to obtain what you have  
proposed for yourself.*

*Susie De Pavia*



Maintain an attitude  
of continuous gratitude  
towards life and  
towards everything that  
the Universe  
provides for you.


Susie De Pavia



*Create a state of certainty in your mind  
that gives you the conviction that  
you are on the right path  
to achieve what you desire.*

*Susie De Pavia*





You can change  
anything in your life  
by changing your attitude  
towards one of being positive,  
understanding, and pleasant.

Susie De Pavia

Spend money on  
what you need  
without wasting  
money on what  
you don't.....

Susie De Pavia


Find a way to put your life  
in balance with regards to personal  
and professional issues as well  
as giving yourself personal alone time.

Susie De Pavia

Practice  
using  
your wisdom  
each and  
every day.

Susie De Pavia






*Have the courage to  
look at yourself like  
"nobody can stop me"  
and  
"I can do it"!*

*Susie De Pavia*

If Intention  
has great power,  
so use it wisely  
to keep advancing.

*Susie De Pavia*



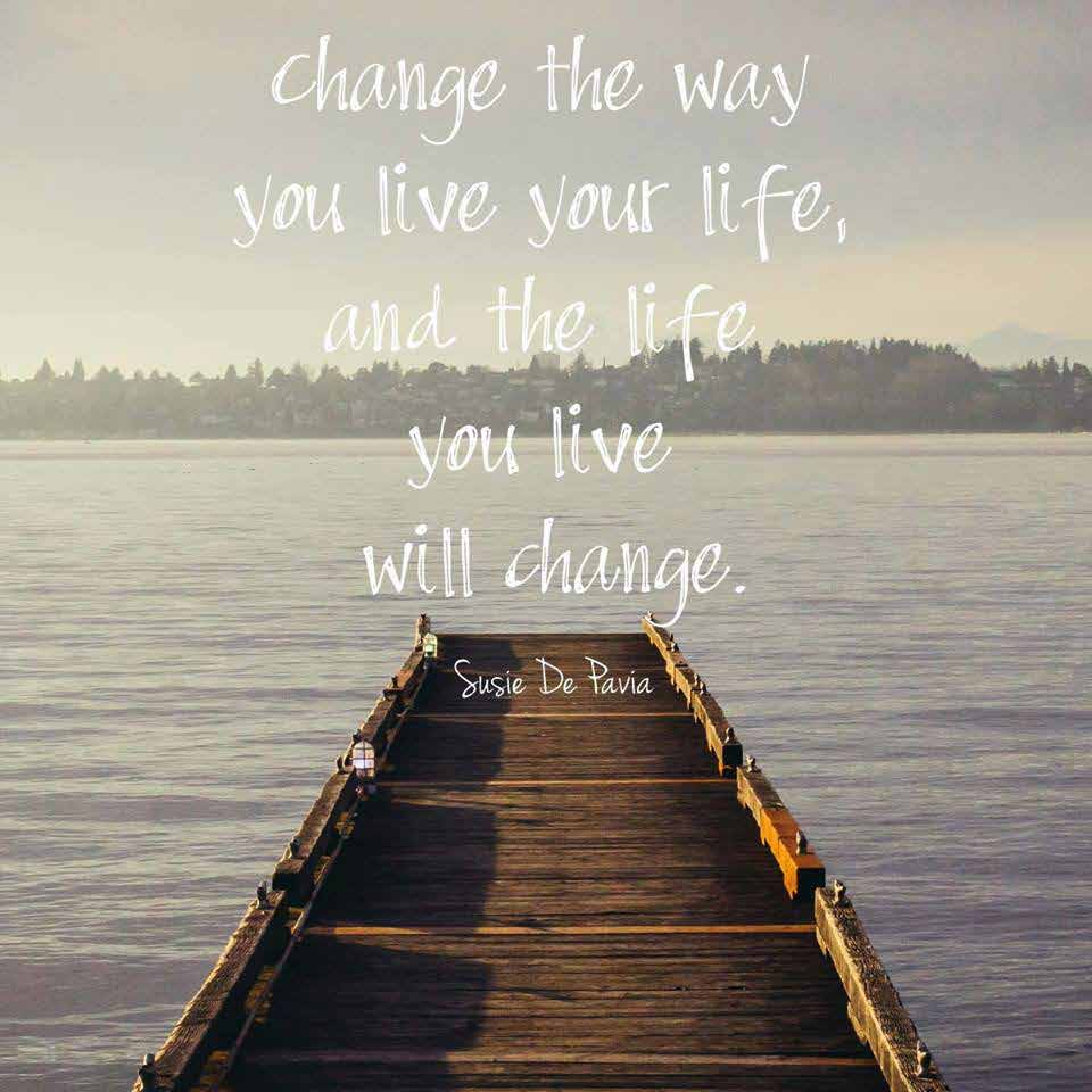


You can make  
your thoughts work for you.  
Decide and do it!

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*Susie De Pavia*



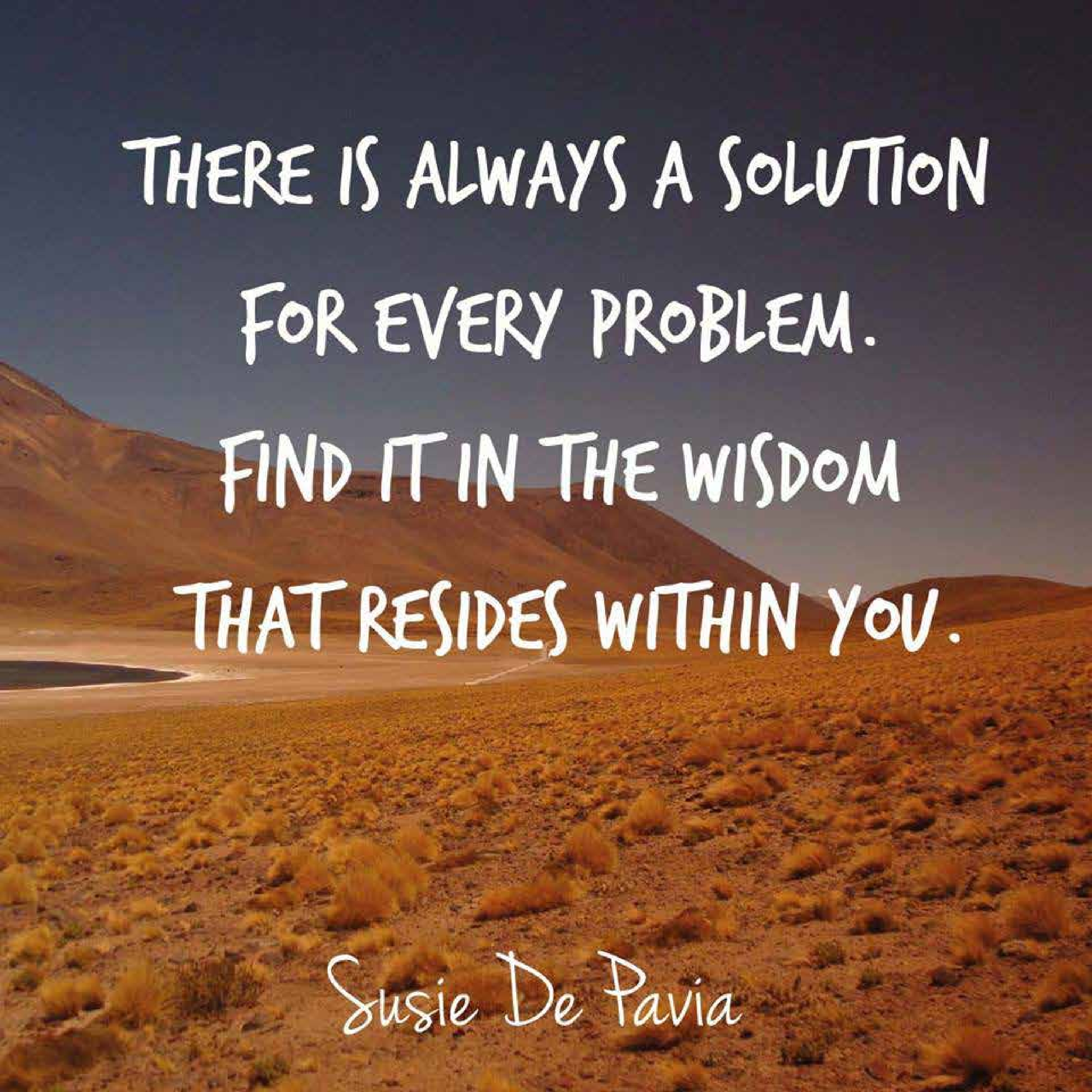


change the way  
you live your life,  
and the life  
you live  
will change.

Susie De Pavia

PAY ATTENTION TO  
YOUR SURROUNDINGS,  
AND APPRECIATE THEM.  
WHAT YOU DON'T LIKE,  
TRY TO FIND A WAY TO LIKE IT.

*Susie De Pavia*



THERE IS ALWAYS A SOLUTION  
FOR EVERY PROBLEM.  
FIND IT IN THE WISDOM  
THAT RESIDES WITHIN YOU.

Susie De Pavia

A scenic view of a mountain valley with a river and a small town at sunset. The sky is a mix of blue and orange, and the mountains are silhouetted against the light. The river flows through the valley, and a small town is visible in the distance.

WHEN YOU CHANGE  
YOUR WAY OF THINKING,  
YOU ARE CHANGING  
YOUR WAY OF LIVING.

Susie De Pavia

AVOID SEEING THE DIFFICULTY  
IN WHAT YOU WANT  
TO ACCOMPLISH.  
INSTEAD, THINK OF HOW  
IT CAN BE EASY,  
AND HOW EASILY  
YOU CAN ACHIEVE IT.

*Susie De Pavia*



**LISTEN TO YOURSELF  
AND PAY ATTENTION  
TO ALL THE  
EXCUSES THAT YOU MAKE  
THAT ARE HOLDING  
YOU BACK.**

**SUSIE DE PAVIA**

Stop thinking  
that you are incapable  
of taking a risk  
and realize that you have  
the strength  
to do it!

Susie De Pavia



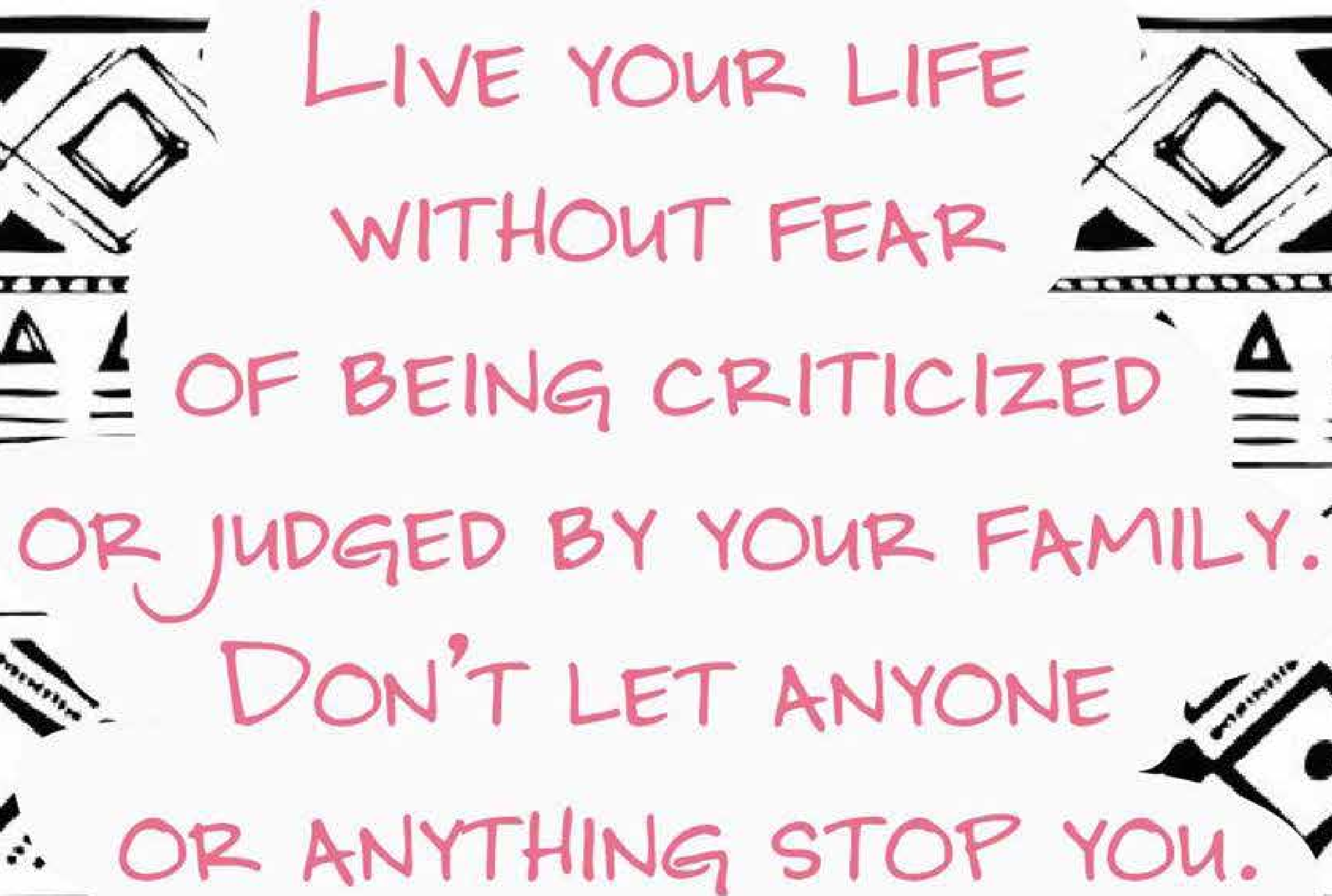


When there is something  
you want to accomplish,  
it does not matter how long  
it takes to do it.

If you think of it as  
a long process,  
the longer it will be.

*Susie De Pavia*





LIVE YOUR LIFE  
WITHOUT FEAR  
OF BEING CRITICIZED  
OR JUDGED BY YOUR FAMILY.  
DON'T LET ANYONE  
OR ANYTHING STOP YOU.

SUSIE DE PAVIA

IF YOU THINK YOU CAN'T CHANGE,  
THAT THAT IS JUST THE WAY YOU ARE,  
AND THAT IS HOW YOU ACT,  
YOU ARE ONLY STOPPING YOURSELF  
FROM EXCELLING.

*Susie De Pavia*



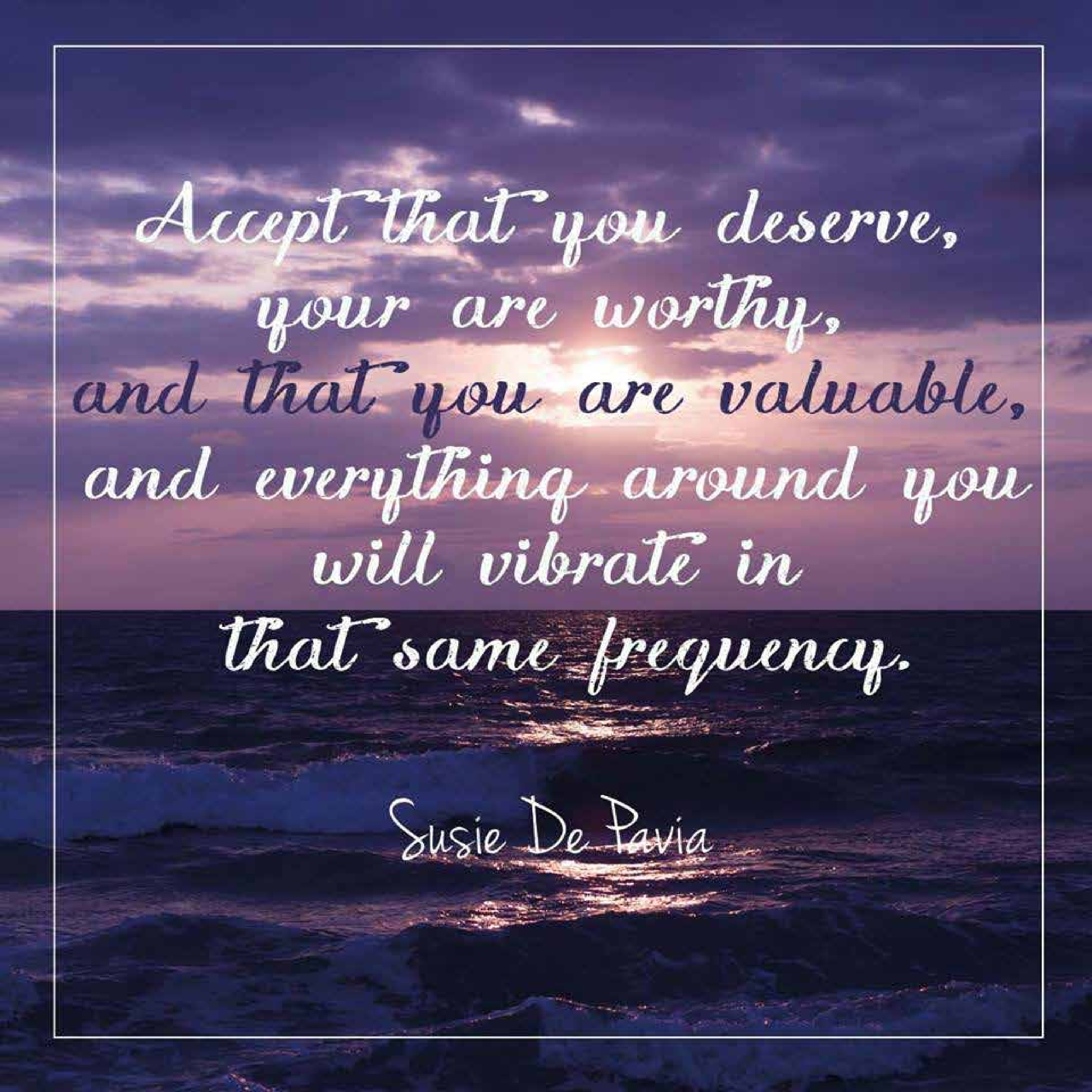


*Nothing is permanent.  
Everything can be altered,  
changed, or modified,  
just like in nature.  
Be free!*



*Susie De Pavia*



A sunset over the ocean with a white border. The sky is a mix of purple, blue, and orange, with the sun low on the horizon. The water is dark blue with white foam from the waves. The text is written in a white, cursive font.

Accept that you deserve,  
you are worthy,  
and that you are valuable,  
and everything around you  
will vibrate in  
that same frequency.

Susie De Pavia

Put aside the excuse  
that you don't have enough time  
or money to do something.  
Where there is a will, there's a way!

*Susie De Pavia*



A scenic landscape at sunset or sunrise. The sun is low on the horizon, casting a warm glow over the scene. The sky is a mix of orange, yellow, and blue. In the foreground, there are dark silhouettes of trees and a body of water that reflects the sun and the sky. The background features rolling hills and mountains under the twilight sky.

Live your life feeling the help,  
support, and good company  
of others!

You are not alone!

Susie De Pavia

Even if you tell yourself,


"this positive thing has never happened or will happen to me",

**stop being a slave to your past.**

Open up those possibilities

in your present.

Susie De Pavia

A sunset over the ocean with a rocky coastline in the foreground. The sky is a mix of blue, orange, and yellow, with the sun low on the horizon. The water is dark with some reflections. The rocks in the foreground are silhouetted against the bright sky.

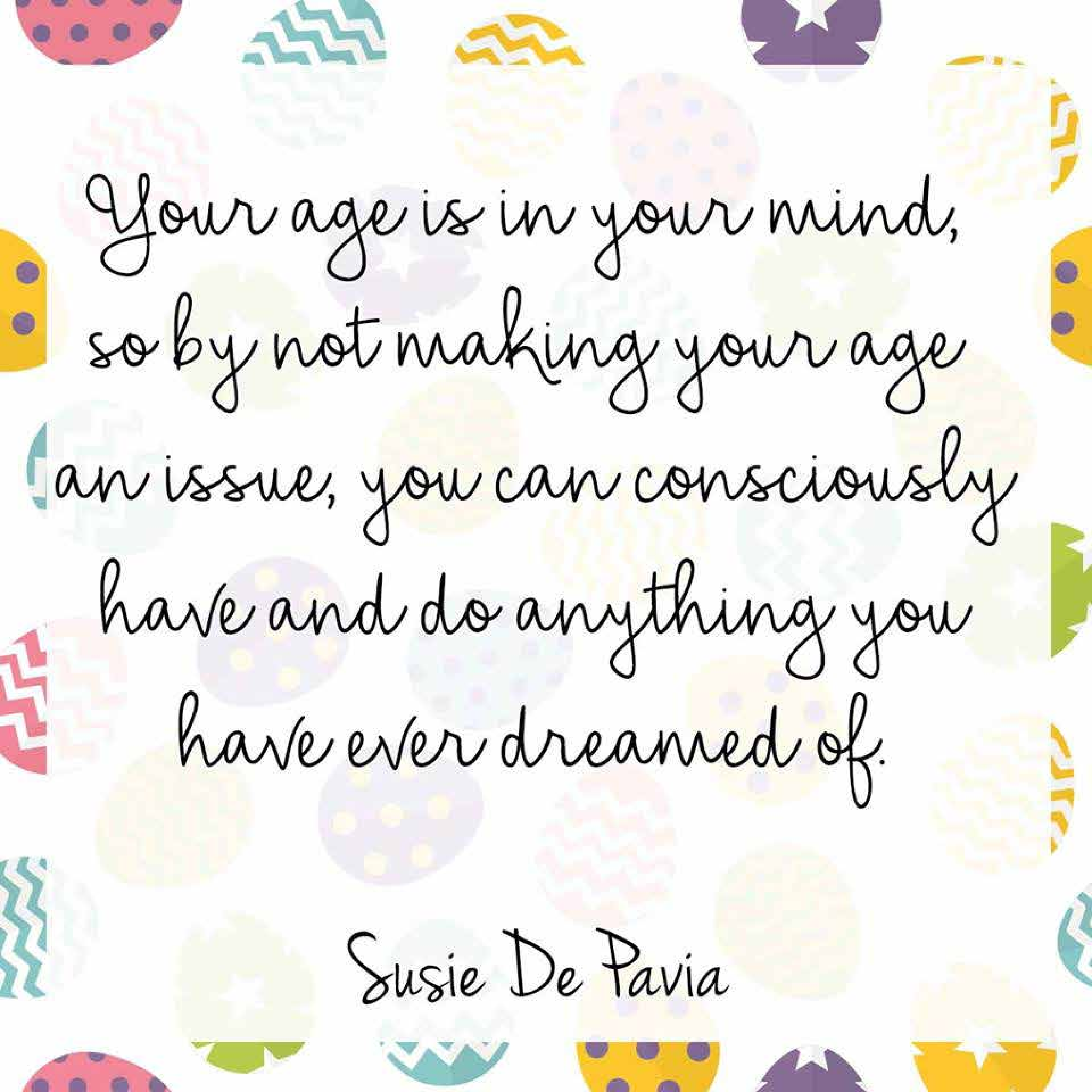
Stop feeling weak  
because you have more power  
inside you than you imagine!  
Show it and express it!!

Susie De Pavia



See yourself as capable,  
intelligent,  
with brilliant ideas,  
and with the conviction  
to make them a reality.

Susie De Pavia

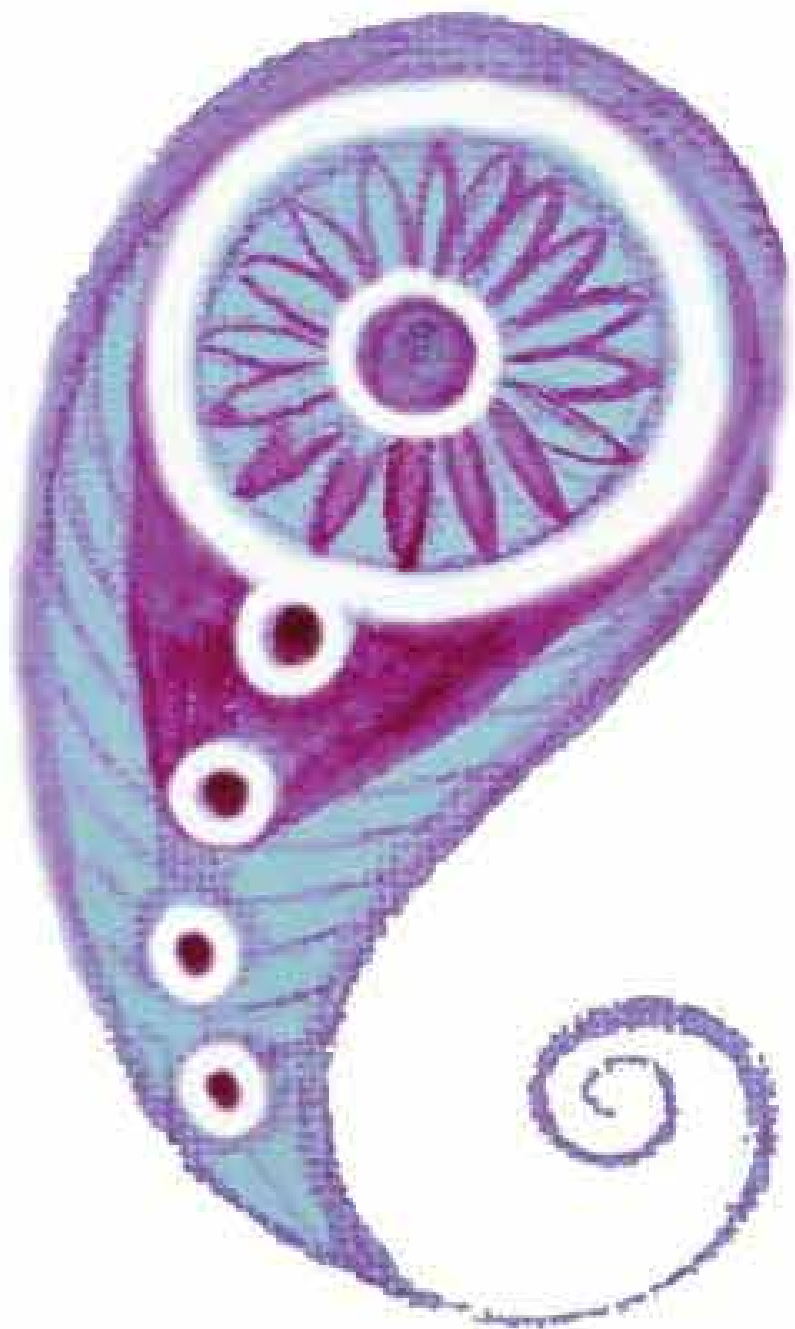


Your age is in your mind,  
so by not making your age  
an issue, you can consciously  
have and do anything you  
have ever dreamed of.

Susie De Pavia

Change your perspective  
on how you feel and feel sufficient  
in whatever work/objective  
you are working on.

*Susie De Pavia*



A close-up photograph of a vibrant green leaf, likely from a succulent, covered in numerous clear water droplets. The background is a soft, out-of-focus green, creating a serene and fresh atmosphere. The text is overlaid on the leaf, with the main title 'Think big' in a large, white, cursive font, and the rest of the quote in a smaller, white, cursive font below it.

Think big

instead of seeing what you  
want to accomplish as big.

Susie De Pavia

*Look at the changes  
you want to make  
as small tasks  
and you will be able  
to achieve great things.*

*Susie De Pavia*



Accept and believe  
that you have the energy  
and vitality to achieve  
your life's purpose.

Susie De Pavia

Break free from  
negative ancestral patterning.  
They couldn't,  
but you can make  
the difference.

Susie De Pavia

DEDICATE TIME TO  
WHAT YOU LEAVE INCOMPLETE  
AND INCONCLUSIVE.  
CHOOSE TO FINISH IT  
AND CONCLUDE IT.

Susie De Pavia

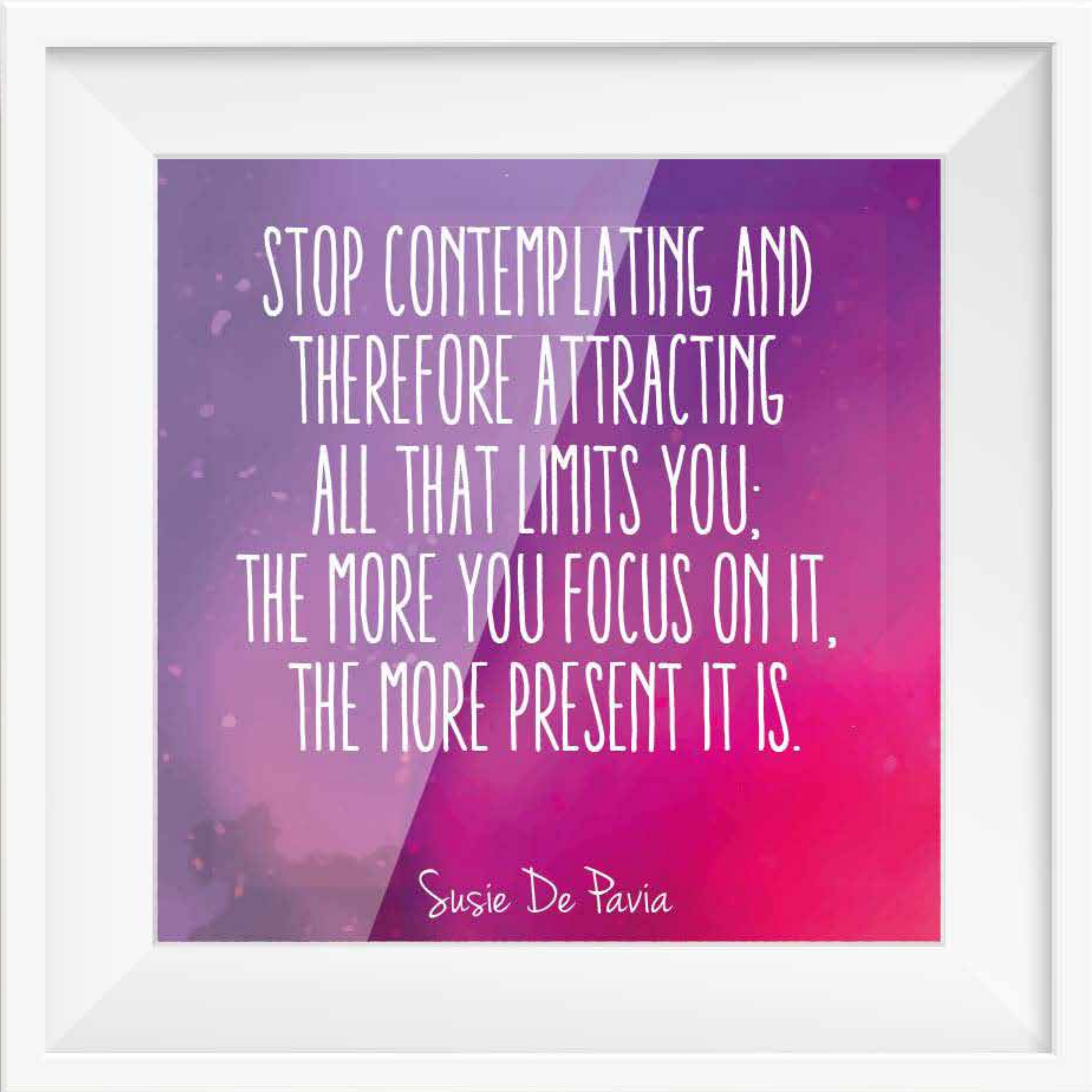




If you are in harmony  
and aligned with positive energy  
- you can do or achieve  
anything. -



Susie De Pavia



STOP CONTEMPLATING AND  
THEREFORE ATTRACTING  
ALL THAT LIMITS YOU.  
THE MORE YOU FOCUS ON IT,  
THE MORE PRESENT IT IS.

*Susie De Pavia*


Have the positive  
disposition  
to live a fulfilling,  
happy, prosperous,  
and satisfying life.

Susie De Pavia



Focus your mind  
on the conditions  
you want to produce  
and it will manifest  
on its own.

Susie De Pavia



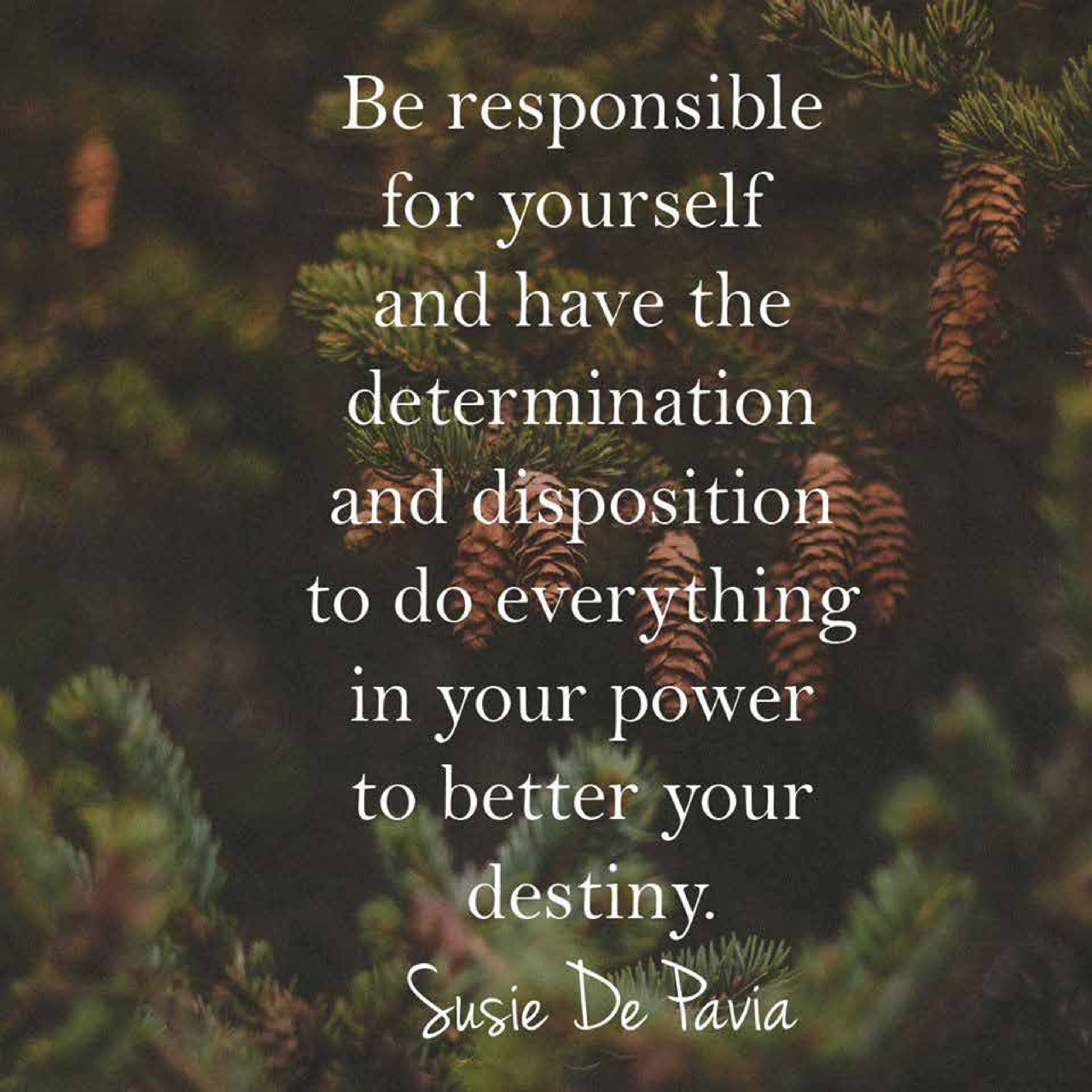
Create a creative  
process in your  
mind where  
contemplation  
becomes a  
powerful tool.

Susie De Pavia



Contemplation translates into  
activity putting in motion  
all of the creativity in the Universe.

*Susie De Pavia*



Be responsible  
for yourself  
and have the  
determination  
and disposition  
to do everything  
in your power  
to better your  
destiny.

*Susie De Pavia*

Alignment is to put in action  
your knowledge with your thoughts  
on what it is you want to manifest.

Susie De Pavia





Passion goes hand in hand  
with enthusiasm and will take you  
in the direction that motivates you  
and makes all your dreams  
and aspirations become a reality.

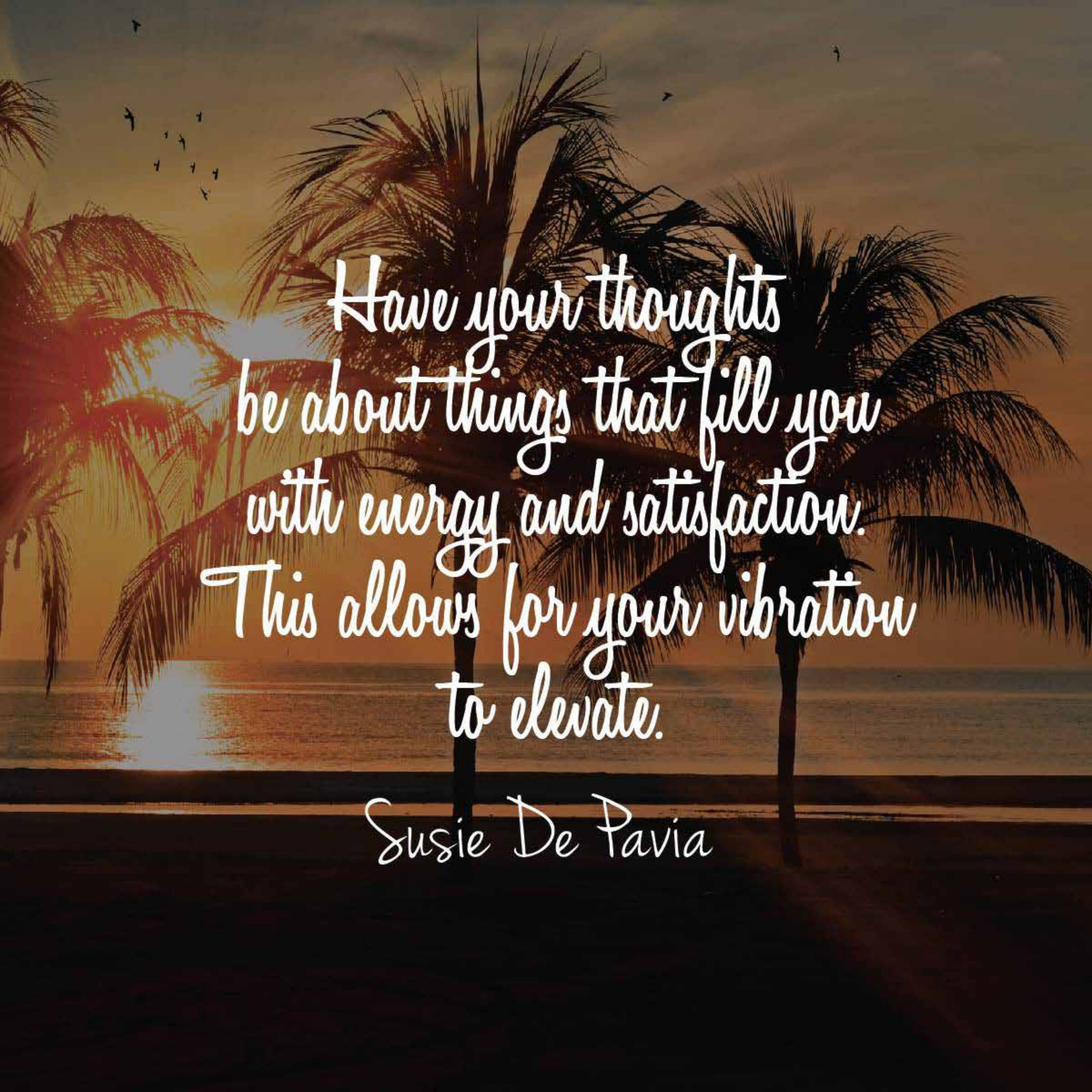
*Susie De Pavia*



If you want to take control  
of your life  
start by taking control  
in what you think  
and how you think.  
What you think is  
what you create.


*Susie De Pavia*



A tropical sunset scene with palm trees and birds in the sky. The sun is low on the horizon, casting a warm, golden glow over the water and the silhouettes of the palm trees. Several birds are flying in the sky. The text is written in a white, cursive font, centered over the image.

Have your thoughts  
be about things that fill you  
with energy and satisfaction.  
This allows for your vibration  
to elevate.

Susie De Pavia



**STOP FEELING FEAR  
THAT ONLY PARALYZES  
YOUR GROWTH.  
REPLACE THAT FEAR  
WITH LOVE.  
IF LOVE EXISTS,  
FEAR DISAPPEARS.**

*Susie De Pavia*

A serene sunset scene over a body of water. The sky is a mix of deep blues and oranges, with soft clouds. In the foreground, a small boat is visible on the water, and the silhouettes of trees and rocks are visible on the right side. The overall mood is peaceful and contemplative.

*When you recognize  
what limits you  
or holds you back,  
you have already  
taken a great step  
towards changing it.*

*Susie De Pavia*

Allow yourself to perceive  
more possibilities  
than difficulties  
when you decide  
to do something.

*Susie De Pavia*



**BE CONSCIOUS ABOUT THE EXCUSES  
YOU TELL YOURSELF.  
ONLY THEN YOU WILL BE ABLE  
TO TAKE DECISIVE ACTION.**

*Susie De Pavia*

APPLY THE MINDSET THAT  
ANYTHING IS POSSIBLE  
AND THAT YOU  
CAN MAKE IT POSSIBLE.

*Susie De Pavia*



**MAINTAIN AN OPEN MIND WITHOUT CLOSING  
YOURSELF OFF TO UNLIMITED POSSIBILITIES  
THAT CAN MANIFEST IN YOUR PATH.**

*Susie De Pavia*



MAINTAIN AN OPEN MIND  
WITHOUT CLOSING YOURSELF  
OFF TO UNLIMITED POSSIBILITIES  
THAT CAN MANIFEST IN YOUR PATH.

*Susie De Pavia*



IN EVERYTHING THAT YOU DO,  
ALIGN YOUR GOALS  
WITH THE BEST POSITIVE VIBRATION  
SO THAT YOU CAN MAKE IT A REALITY.

*Susie De Pavia*

A first-person perspective shot of a person sitting on a large, weathered log in a forest. The person is wearing blue denim jeans, white socks with pink and blue stripes, and black sneakers with pink and blue accents. The background is a dense forest with trees and a stream visible in the distance. The lighting is soft and natural, suggesting a calm, outdoor setting.

REMEMBER TO  
BE PRESENT,  
TO LIVE IN THE MOMENT,  
AND FEEL THAT TIME IS Y  
OUR ALLY IN  
THIS EXPERIENCE.

*Susie De Pavia*

If you want  
your environment to change,  
you must change.  
Be a better person  
and everything around you  
will be better.

*Susie De Pavia*



Stop waiting  
for things to happen;  
go out and  
make them happen.

Susie De Pavia



Life is generous,  
benevolent, and abundant.  
it gives you everything  
before you ask for it.

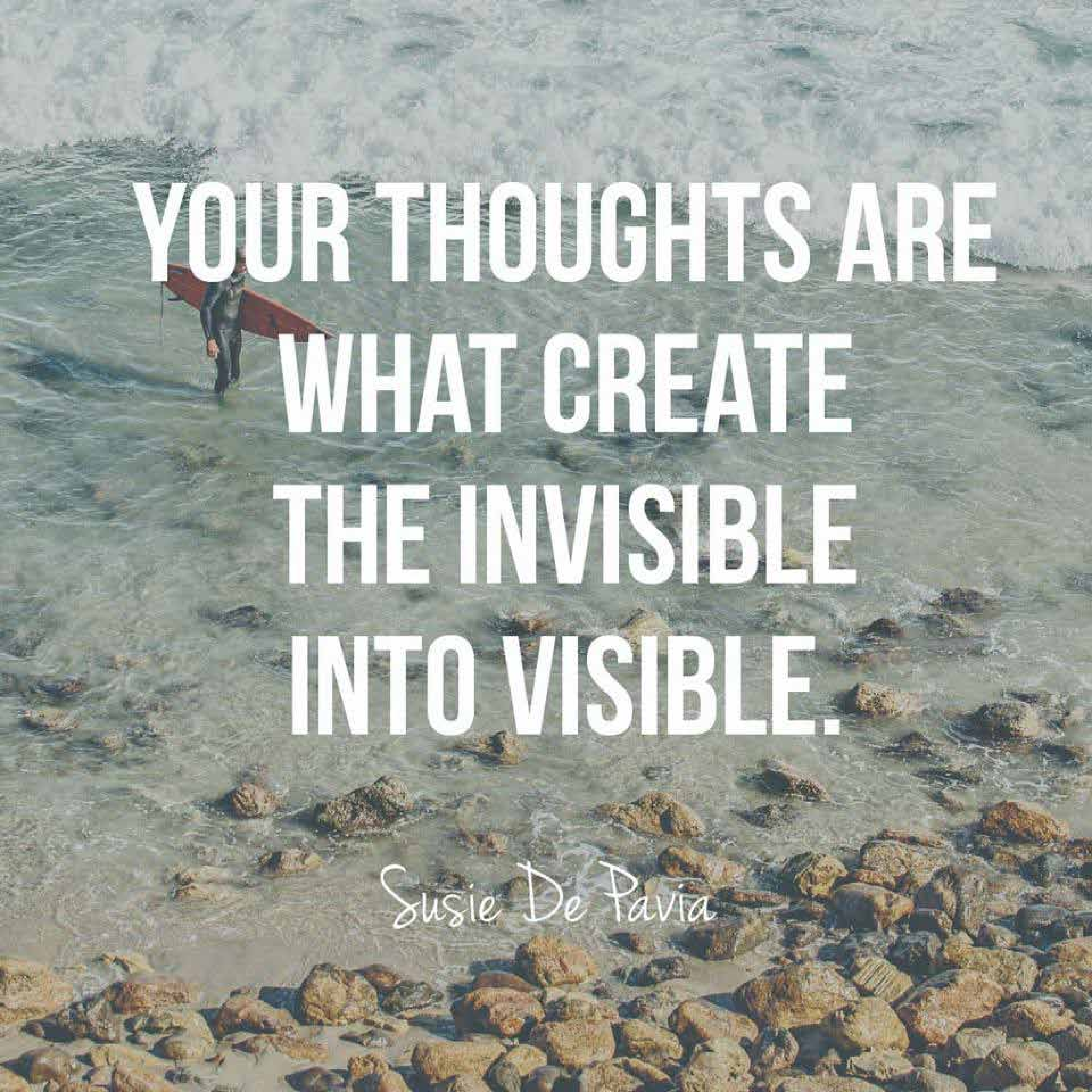
Susie De Pavia



**When you think  
about important people,  
don't forget to  
include yourself.**

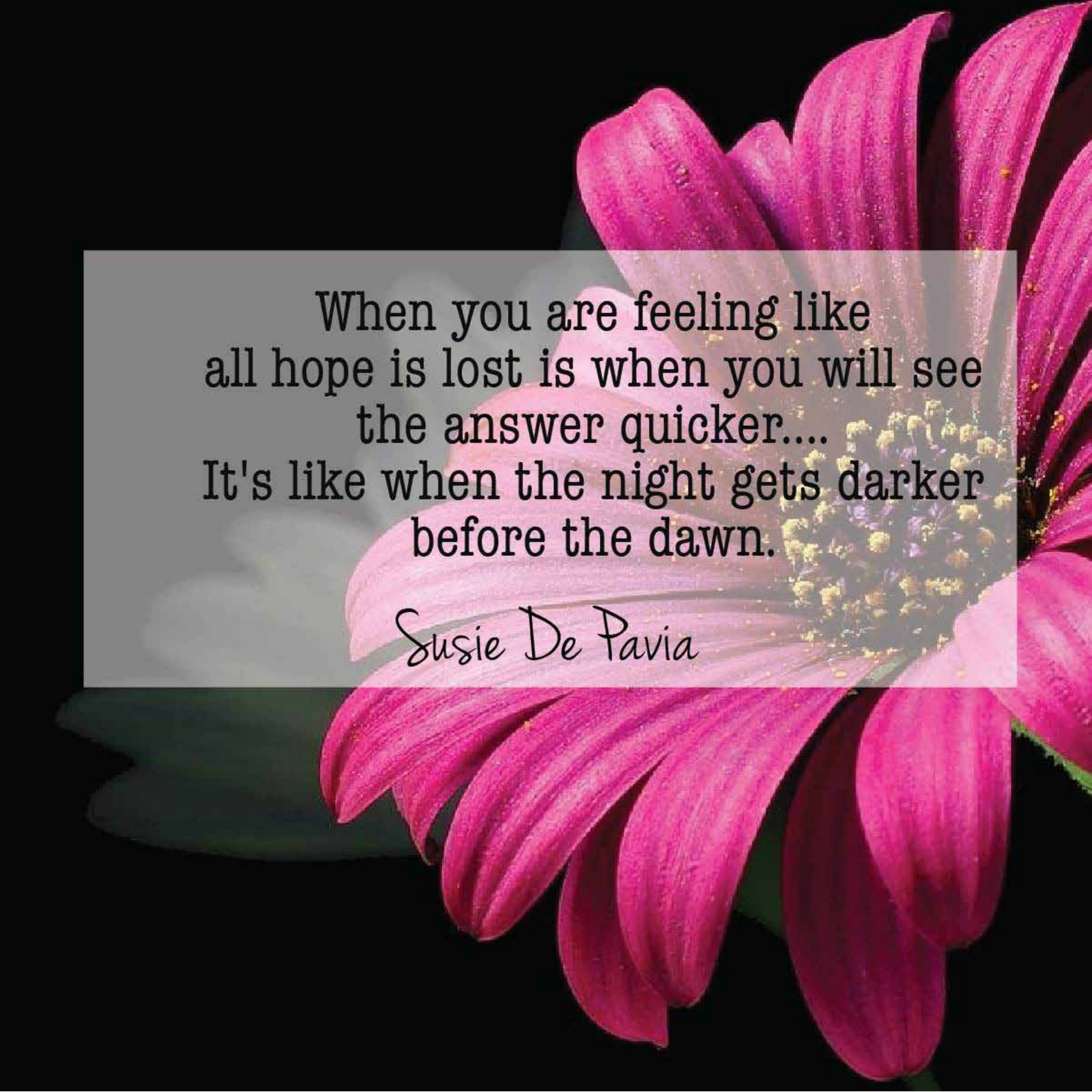
*Susie De Pavia*



A person in a black wetsuit is walking through shallow, rippling ocean waves, carrying a red surfboard under their arm. The water is a light, foamy blue-green. In the foreground, the sandy beach is covered with numerous smooth, brownish rocks. The overall scene is bright and clear, suggesting a sunny day at the beach.

**YOUR THOUGHTS ARE  
WHAT CREATE  
THE INVISIBLE  
INTO VISIBLE.**

*Susie De Pavia*



When you are feeling like  
all hope is lost is when you will see  
the answer quicker....  
It's like when the night gets darker  
before the dawn.

*Susie De Pavia*

**EVERYTHING STARTS WITH A THOUGHT  
THAT IS HOW IT PROGRESSES FROM  
INTANGIBLE TO TANGIBLE.**

*Susie De Pavia*



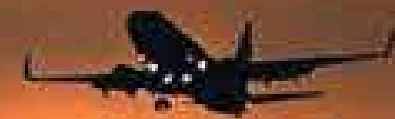
A person is standing on a rocky mountain peak, looking out over a vast mountain range at sunrise. The sun is low on the horizon, casting a warm, golden glow over the scene. The mountains are silhouetted against the bright sky, and the foreground shows some sparse vegetation on the rocky ground.

**EACH DAY IS A NEW BEGINNING;  
GIVE YOURSELF THE OPPORTUNITY  
TO LIVE IT THE WAY YOU WISH IT WAS.**

*Susie De Pavia*

**Live and enjoy each moment,  
that is how you will find the value  
and fulfillment of time.**

*Susie De Pavia*



Make your house  
a home.

Your house is only a building,  
a home is the feelings  
put into it.

Susie De Pavia

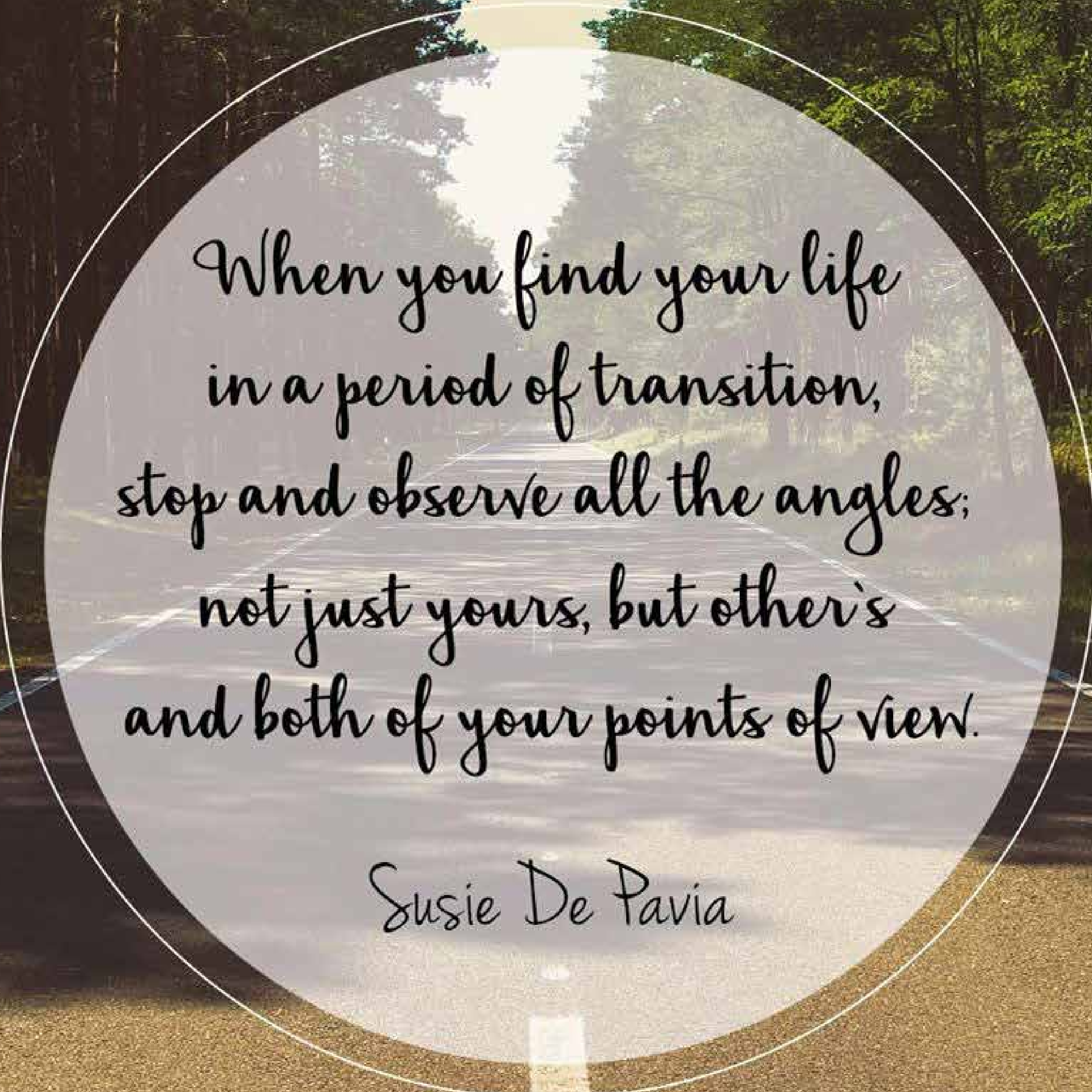
Today is unique;  
it will never repeat itself.  
Enjoy every moment  
and give the best of yourself  
and the best will come  
back to you

Susie De Pavia

If you want to solve  
your most difficult problems,  
start by changing  
the way you think.

Susie De Pavia





When you find your life  
in a period of transition,  
stop and observe all the angles;  
not just yours, but other's  
and both of your points of view.

Susie De Pavia

**CONSERVE YOUR ENERGY  
AND DON'T WASTE IT IDLY.  
KEEP FIRM IN YOUR GOALS  
AND SYNCHRONIZE YOURSELF  
WITH THEM.**

*Susie De Pavia*



**START YOUR DAY BY  
GIVING THANKS THAT YOU ARE ALIVE,  
THAT YOU ARE HEALTHY,  
AND BECAUSE YOU ARE YOU.**

*Susie De Pavia*

REALIZE THAT YOU HAVE  
THE WISDOM TO FACE ANY CHALLENGE.

ONLY YOU CAN DO IT  
IF YOU BELIEVE IN YOURSELF.

*Susie De Pavia*

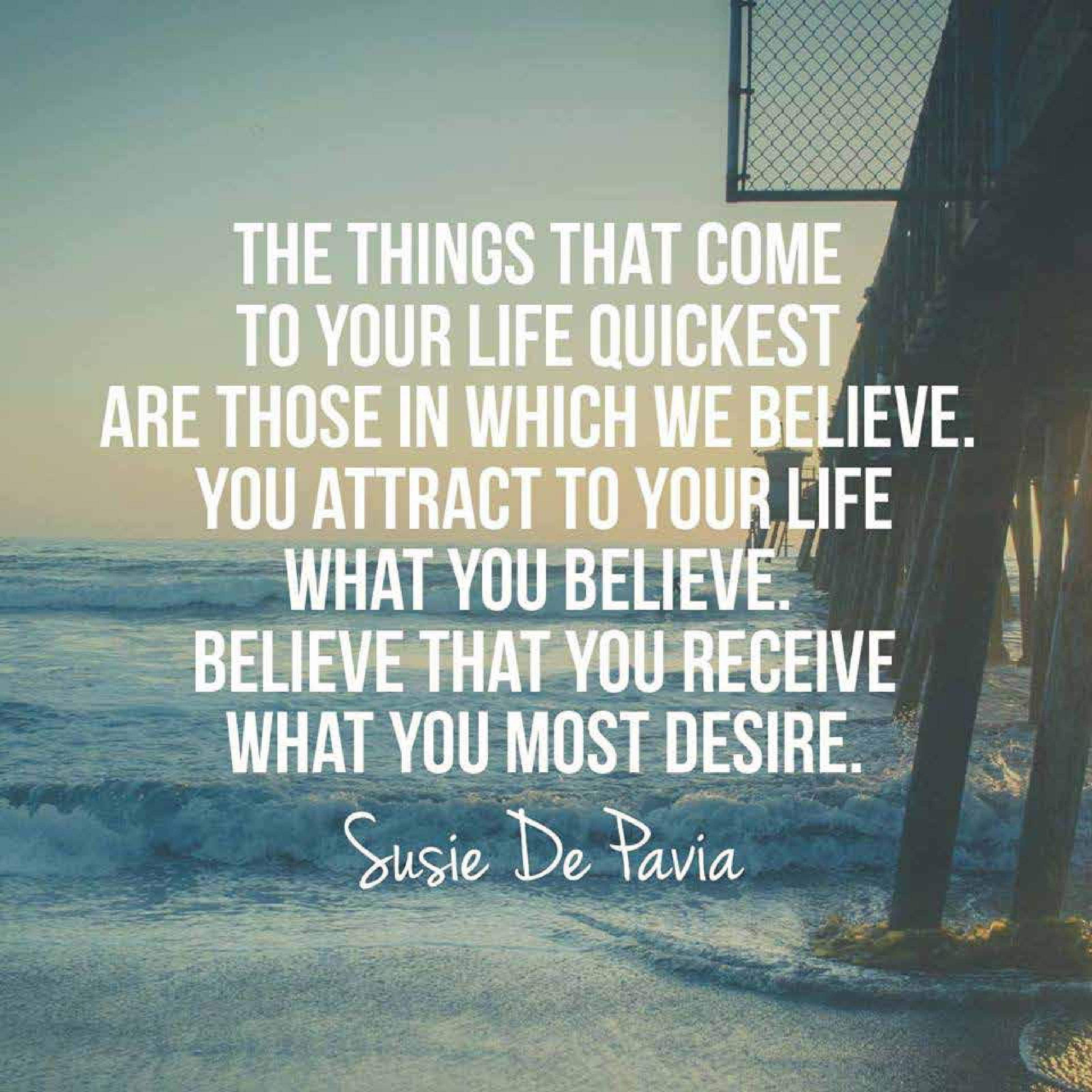
For things to happen,  
you have to put all doubt aside  
and believe with absolute certainty  
that whatever it is you want  
is already in your life.

*Susie De Pavia*

A sunset over the ocean with silhouettes of rocks in the foreground. The sky is a gradient of orange and red, and the water is dark blue. The text is written in a white, cursive font.

Everything we see  
has been created  
with the imagination,  
so each time you imagine something  
it is in the process  
of becoming a reality.

Susie De Pavia



THE THINGS THAT COME  
TO YOUR LIFE QUICKEST  
ARE THOSE IN WHICH WE BELIEVE.  
YOU ATTRACT TO YOUR LIFE  
WHAT YOU BELIEVE.  
BELIEVE THAT YOU RECEIVE  
WHAT YOU MOST DESIRE.

*Susie De Pavia*

WHEN SITUATIONS TURN OUT DIFFERENTLY  
THAN PLANNED IT'S BECAUSE  
IT WASN'T FOR THE BEST.  
ACCEPT AND BELIEVE THAT SOMETHING  
MUCH BETTER IS COMING TO YOU.

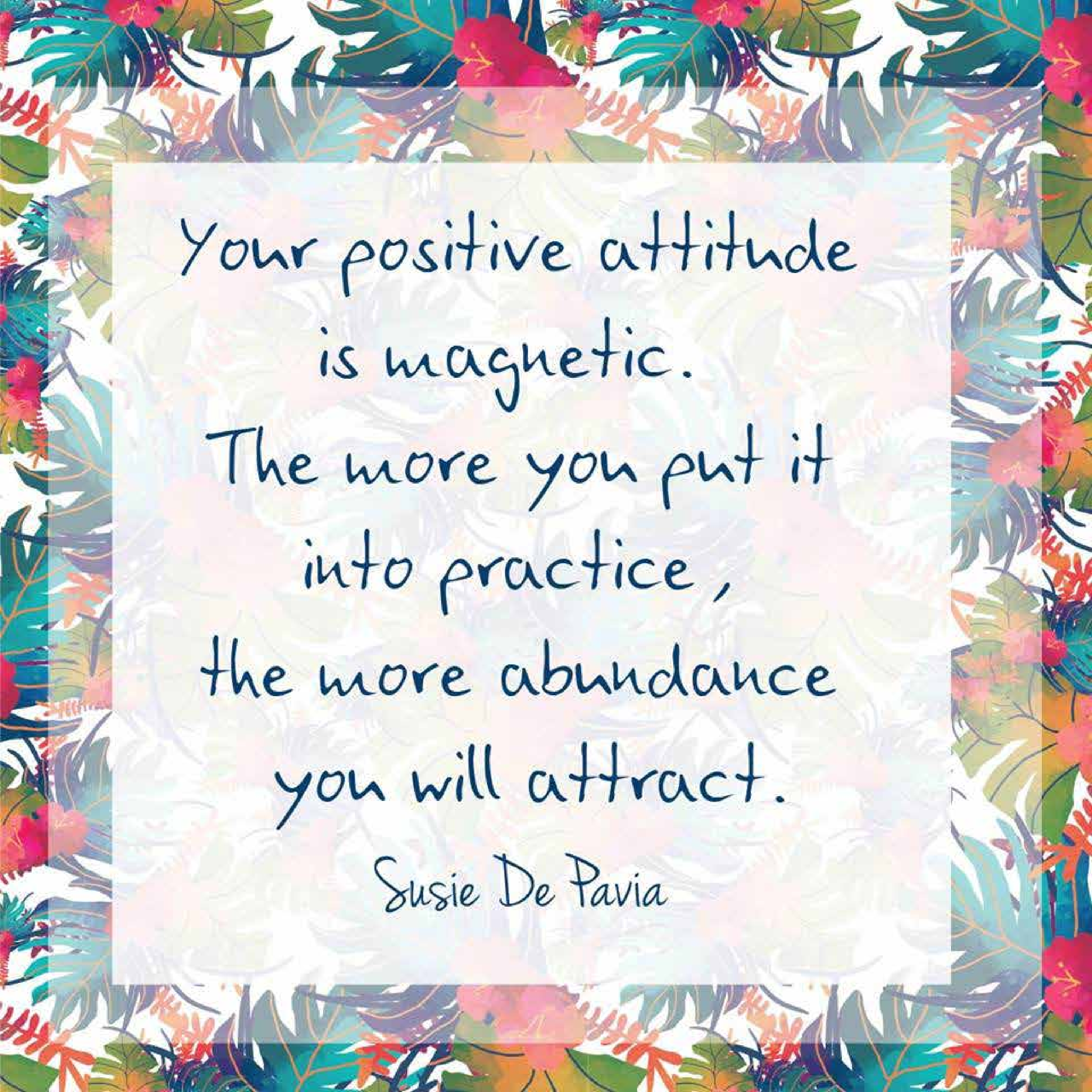
*Susie De Pavia*



If you are complaining about something,  
you are definitely not aligned  
to attract whatever it is  
you are looking for.

Susie De Pavia

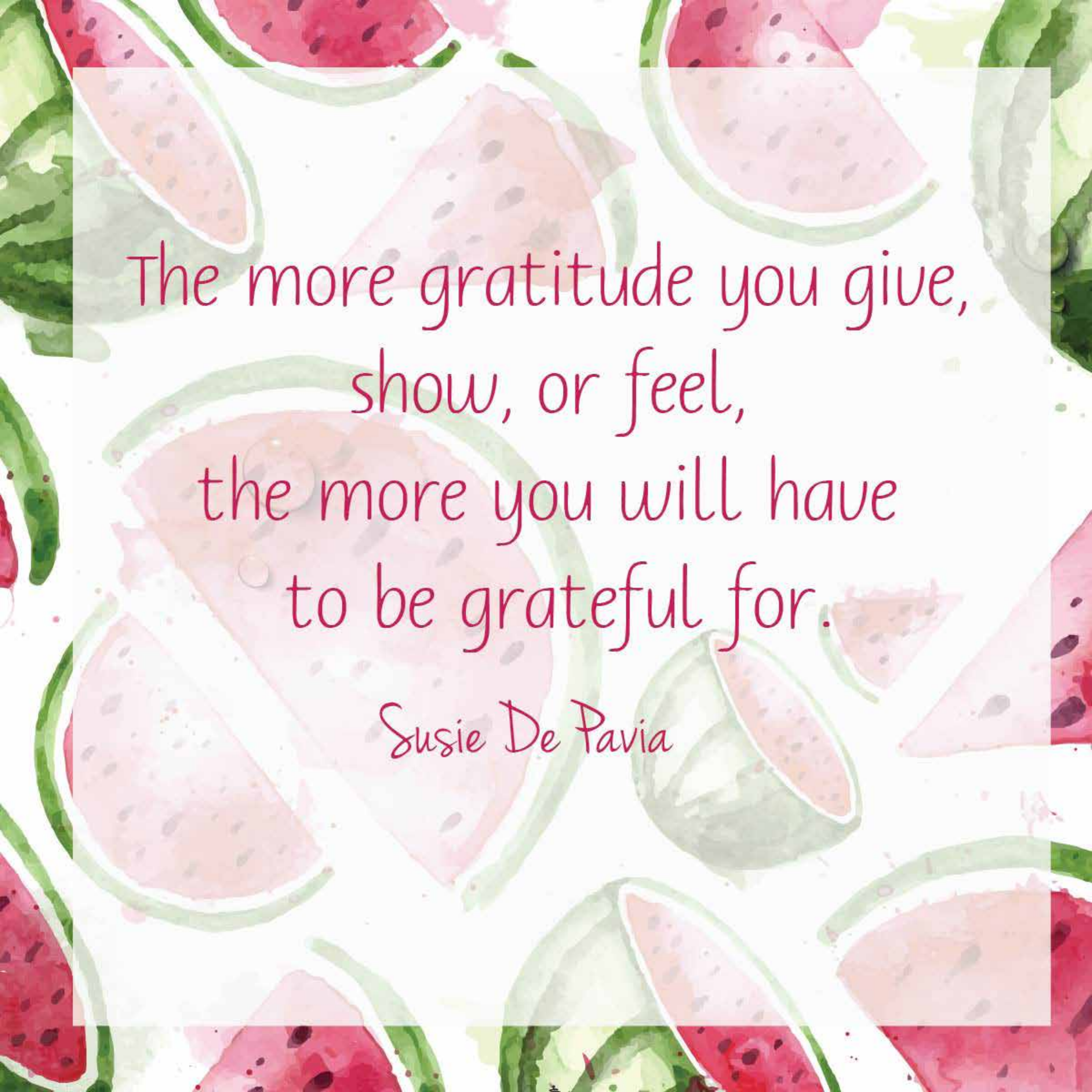




Your positive attitude  
is magnetic.

The more you put it  
into practice,  
the more abundance  
you will attract.

Susie De Pavia

The background of the image is a watercolor illustration of several watermelon slices. The slices are scattered across the frame, some overlapping. They are painted in various shades of pink and red, with dark spots representing seeds. The green rind of the watermelon is also visible. The overall style is soft and artistic.

The more gratitude you give,  
show, or feel,  
the more you will have  
to be grateful for.

Susie De Pavia

Love is the force that moves,  
modifies, multiplies and  
has the power to change  
all the negativity in your life.



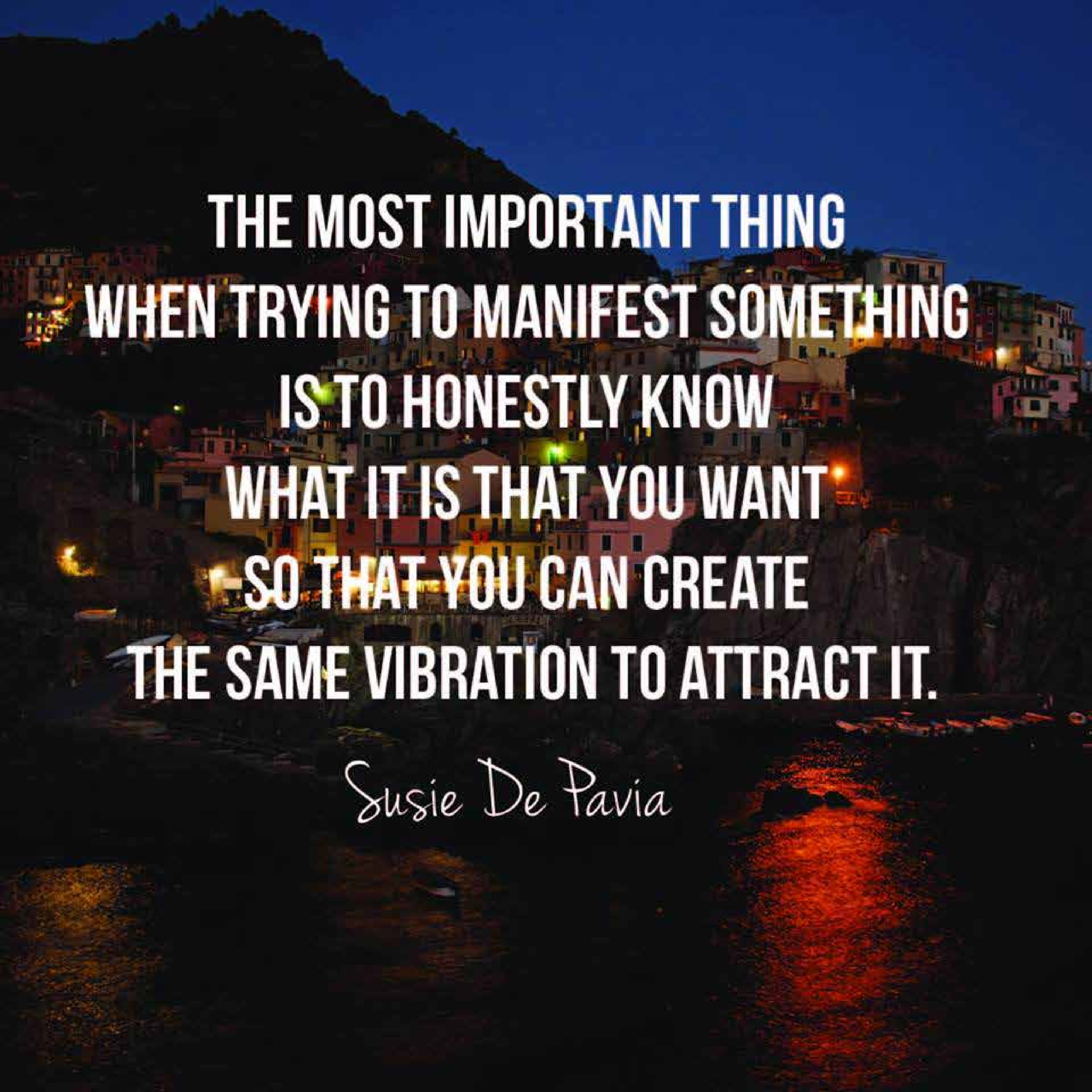
Susie De Pavia

There is a great power  
inside you.

Discover it and allow it  
to transform your reality  
so that love, peace,  
abundance, and  
happiness can flow.

Susie De Pavia





**THE MOST IMPORTANT THING  
WHEN TRYING TO MANIFEST SOMETHING  
IS TO HONESTLY KNOW  
WHAT IT IS THAT YOU WANT  
SO THAT YOU CAN CREATE  
THE SAME VIBRATION TO ATTRACT IT.**

*Susie De Pavia*

A person is sitting on a wooden bench, looking out over a vast, mountainous landscape. The person is wearing a red jacket and a backpack. The landscape is filled with green hills and mountains, with a cloudy sky above. The text is overlaid on the image in a white, handwritten-style font.

STOP CONTEMPLATING  
WHAT YOU LACK  
AND CONTEMPLATE  
WHAT IT IS THAT YOU REALLY  
WANT TO HAVE.

*Susie De Pavia*

Never give up!  
No matter how difficult  
or far away is  
what you want  
to achieve may seem,  
remain firm and decisive.

*Susie De Pavia*

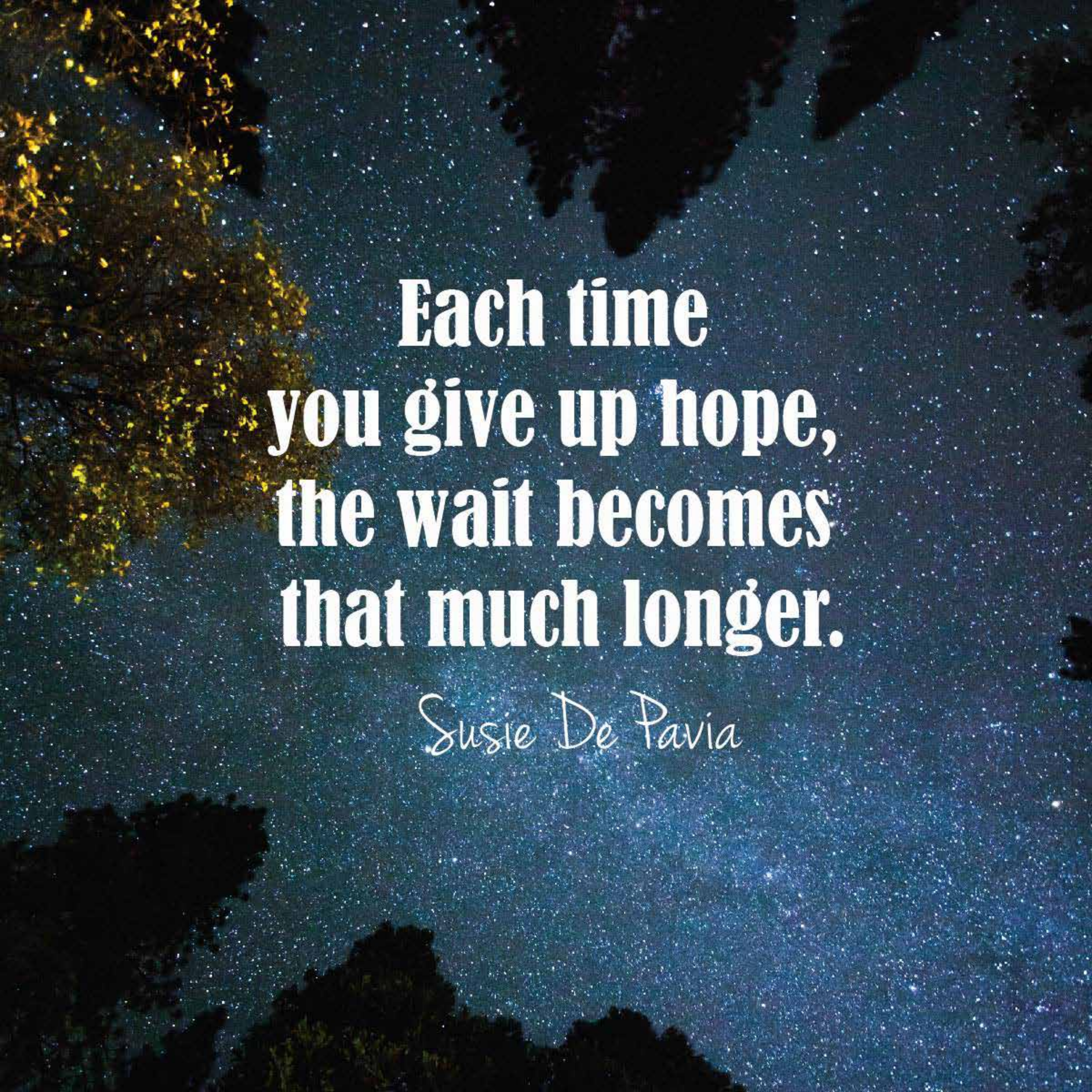




Thoughts united  
with feelings  
create a synergy  
of manifestation.

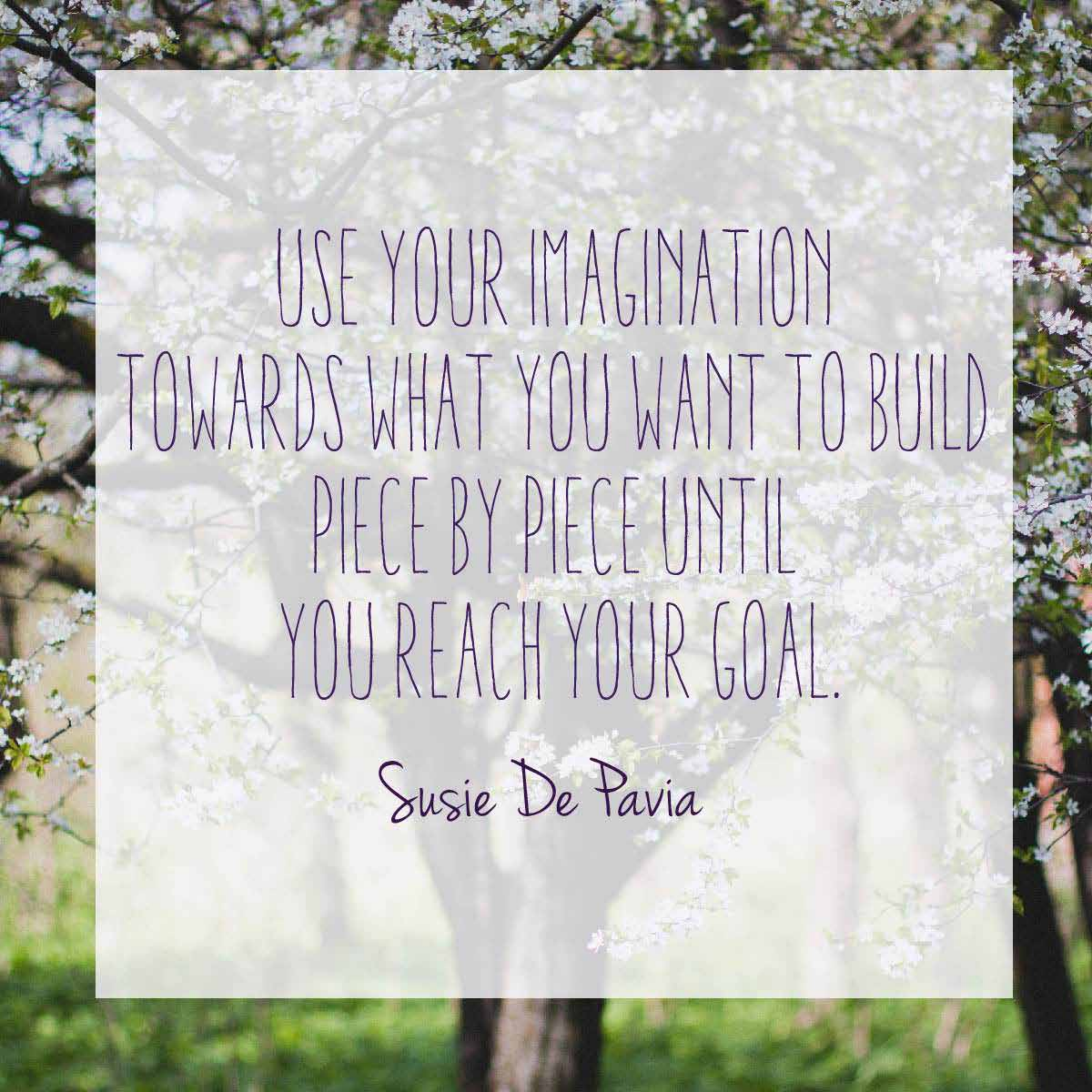
*Susie De Pavia*





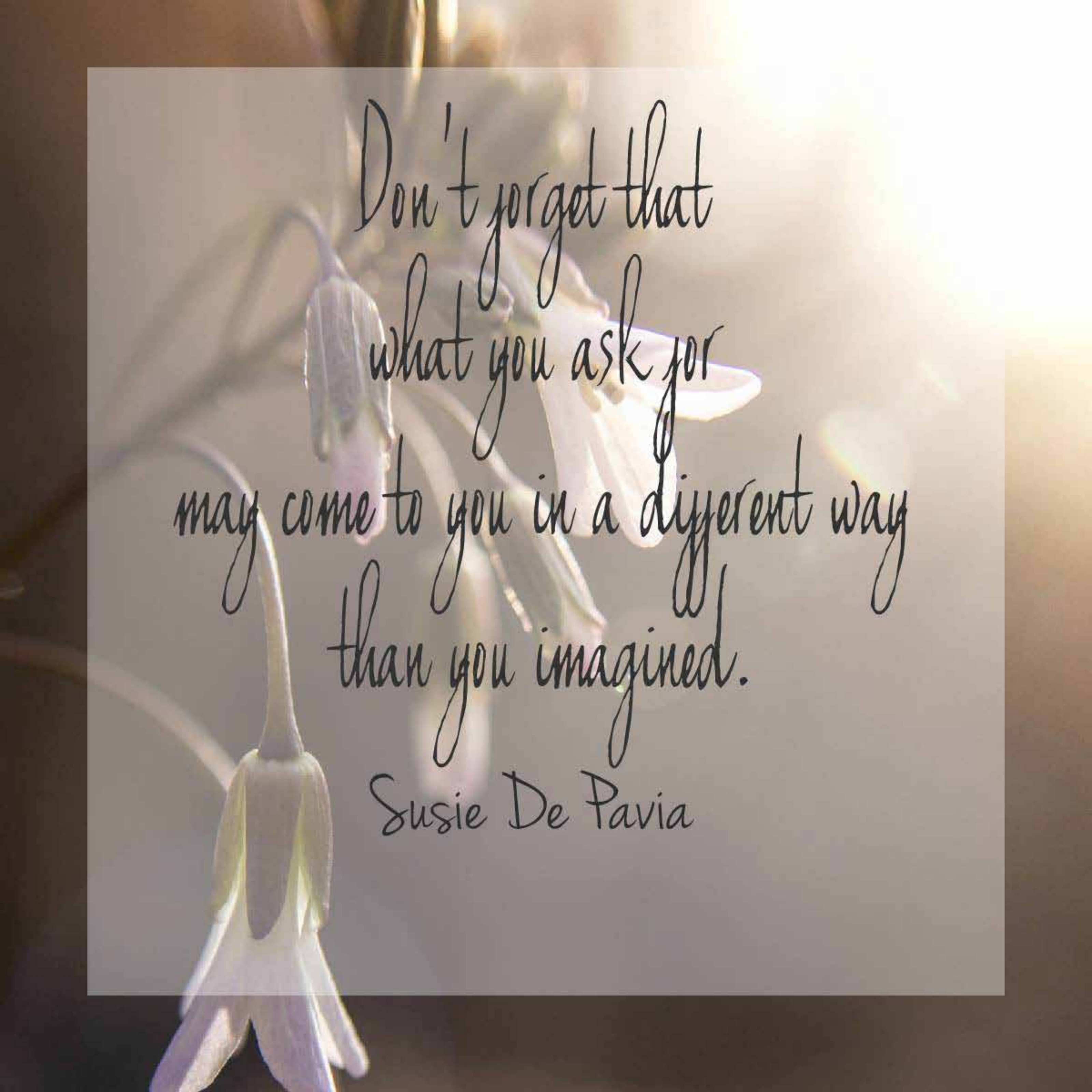
**Each time  
you give up hope,  
the wait becomes  
that much longer.**

*Susie De Pavia*



USE YOUR IMAGINATION  
TOWARDS WHAT YOU WANT TO BUILD  
PIECE BY PIECE UNTIL  
YOU REACH YOUR GOAL.

*Susie De Pavia*



Don't forget that  
what you ask for  
may come to you in a different way  
than you imagined.

Susie De Pavia

EVEN IF YOU FEEL  
LIKE EVERYTHING IS AGAINST YOU,  
KEEP BELIEVING  
AND WAIT FOR THAT EXIT,  
SOLUTION, OR ARRANGEMENT  
THAT CAN CHANGE EVERYTHING  
FOR YOUR BENEFIT.

*Susie De Pavia*

A great ability is  
the ability to trust and believe.  
If you want what you aspire  
to materialize,

*Believe!*

*Susie De Pavia*



**VISUALIZE YOUR ABUNDANCE  
IN WHATEVER  
WAY YOU WANT!  
PERCEIVE AND FEEL  
HOW IT COMES TO YOU  
AND ACCEPT IT!**

*Susie De Pavia*

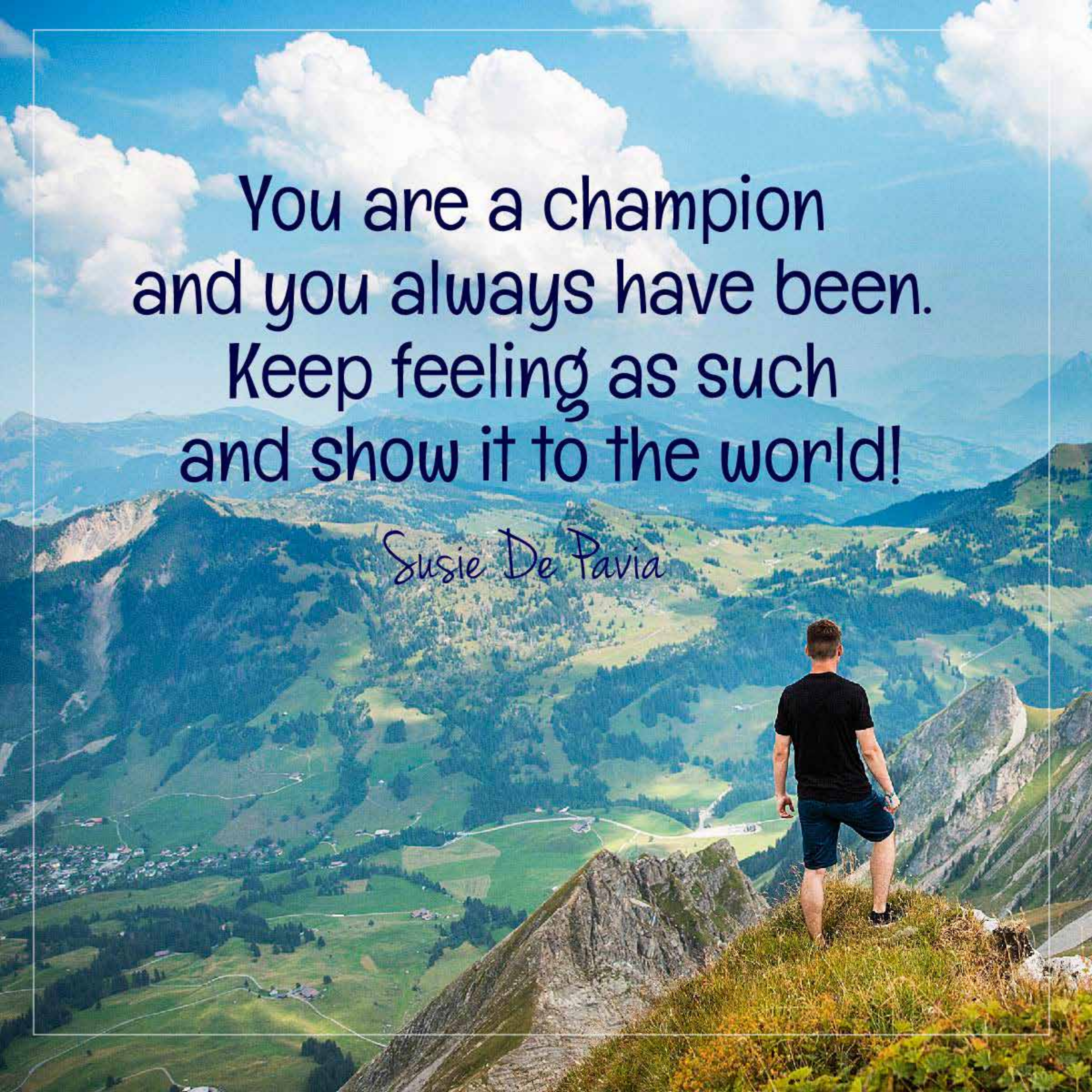


**WHATEVER YOU DO,  
DO IT BY BEING PRESENT,  
ENJOYING IT, LIVING IT,  
AND BEING THANKFUL FOR IT.**

*Susie De Pavia*





A man in a black t-shirt and shorts stands on a rocky mountain peak, looking out over a vast, green valley. The valley is filled with rolling hills, forests, and small settlements. The sky is blue with scattered white clouds. The text is overlaid on the upper half of the image.

You are a champion  
and you always have been.  
Keep feeling as such  
and show it to the world!


*Susie De Pavia*

Each one of us  
is a miracle  
of life.

In each  
step  
we take,  
more  
miracles  
manifest  
themselves!

Susie De Pavia





SPEAK TO YOUR CELLS,  
THEY LITERALLY RESPOND  
TO WHAT YOU TELL THEM.  
TELL THEM THEY ARE  
FULL OF LOVE,  
DIVINE LIGHT,  
PEACE, AND HEALTH.

*Susie De Pavia*

**KEEP BELIEVING IN YOURSELF,  
KEEP PUSHING FORWARD,  
FIGHT FOR WHAT YOU WANT!  
CLOSE YOUR EYES AND FEEL  
THE WAY YOU WOULD FEEL  
IF YOU ALREADY  
HAD EVERYTHING YOU WANT,  
AND YOU WILL RECEIVE IT FASTER.**

*Susie De Pavia*



A kind, encouraging word  
can positively change  
someone's life.

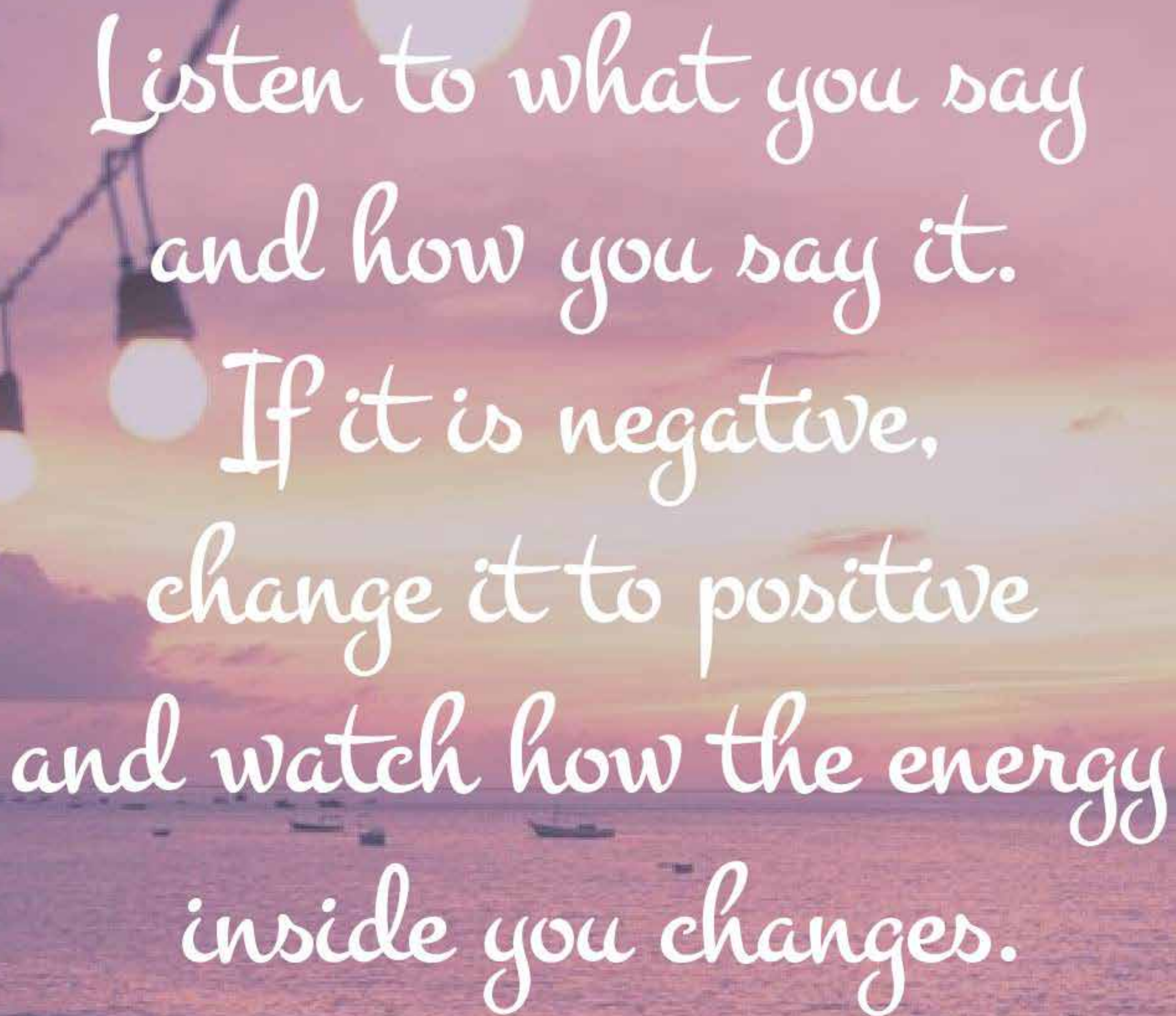
Share these words  
with those around you.

Susie De Pavia

Inside each one of us  
exists unlimited powers.

Realize this and  
put them to work  
for your own good  
as well as others.

Susie De Pavia

A serene sunset scene over a body of water. The sky is a mix of soft pinks, oranges, and purples. In the foreground, a string of warm white string lights hangs from the top left, with several lights glowing. The water below is calm, reflecting the colors of the sky. A dark wooden railing is visible at the bottom of the frame.

Listen to what you say  
and how you say it.  
If it is negative,  
change it to positive  
and watch how the energy  
inside you changes.

Susie De Pavia



HAPPINESS AND GRATITUDE

GO HAND IN HAND.

IF YOU ARE THANKFUL,

MORE HAPPINESS

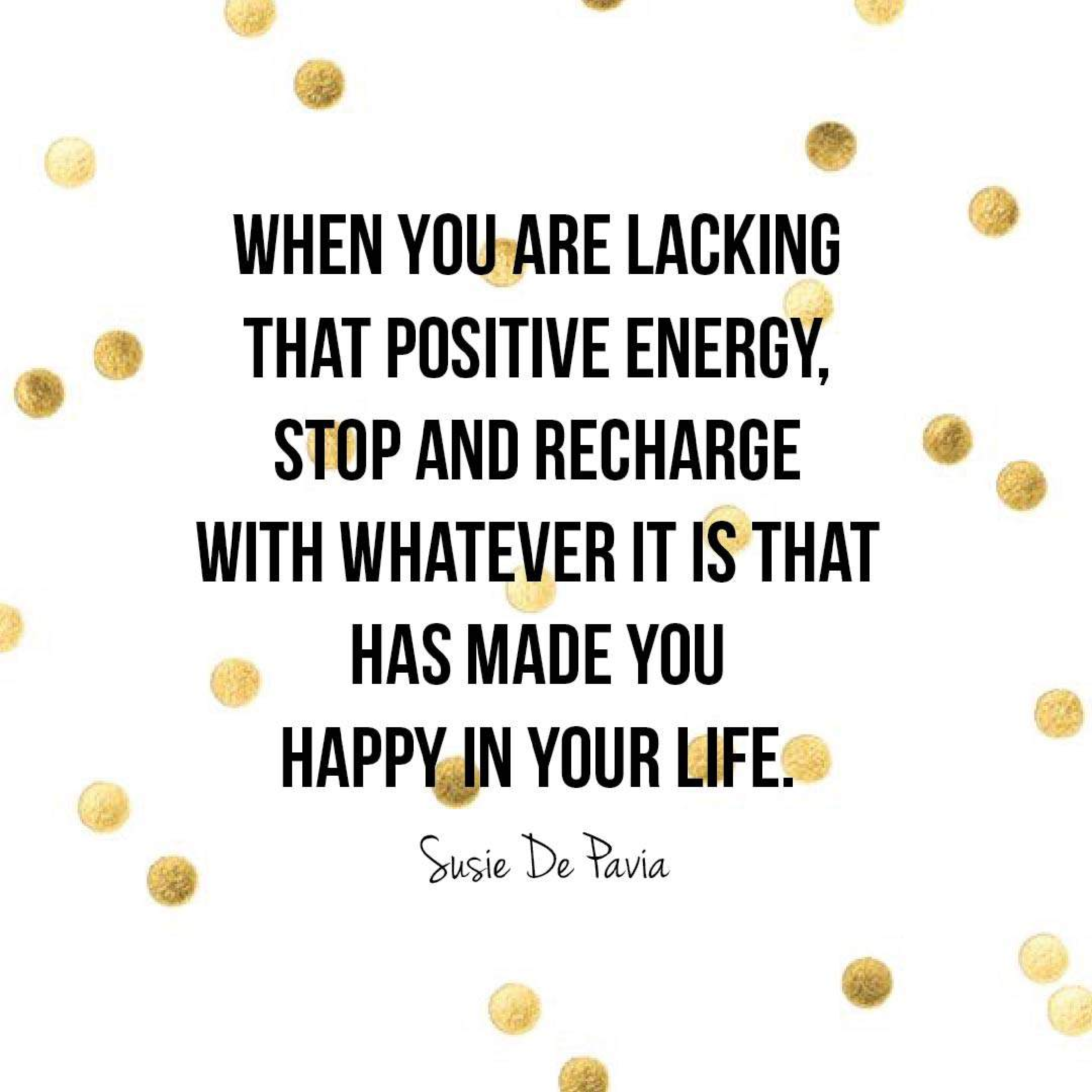
COMES TO YOUR LIFE.

*Susie De Pavia*



*Give yourself*  
**THE OPPORTUNITY TO SEE**  
**HOW EVERYTHING CAN**  
*magically change*  
**WHEN YOU CHANGE YOUR PERCEPTION**  
**TOWARDS WHAT**  
*you really want.*

*Susie De Pavia*



**WHEN YOU ARE LACKING  
THAT POSITIVE ENERGY,  
STOP AND RECHARGE  
WITH WHATEVER IT IS THAT  
HAS MADE YOU  
HAPPY IN YOUR LIFE.**

*Susie De Pavia*

A tropical beach scene with palm trees and a person's legs sticking out of the water. The background is a bright, sunny day with a clear blue sky and a calm sea. The text is overlaid on the image in a bold, black, sans-serif font.

**WHEN THINGS START  
TO POSITIVELY CHANGE IN YOUR LIFE,  
PAY ATTENTION,  
AND IF YOU FEEL RESISTANCE,  
STOP AND TRY TO LET THINGS FLOW  
SO THAT EVERYTHING  
CAN KEEP MOVING FORWARD.**

*Susie De Pavia*

**All changes are  
for the best and there is  
a reason for them to happen.  
Find it and welcome it.**

*Susie De Pavia*

WE LIVE IN A CONSTANT EVOLUTION.

YOU MUST ALSO EVOLVE AND  
BE AND ACT BETTER EVERY DAY.

*Susie De Pavia*

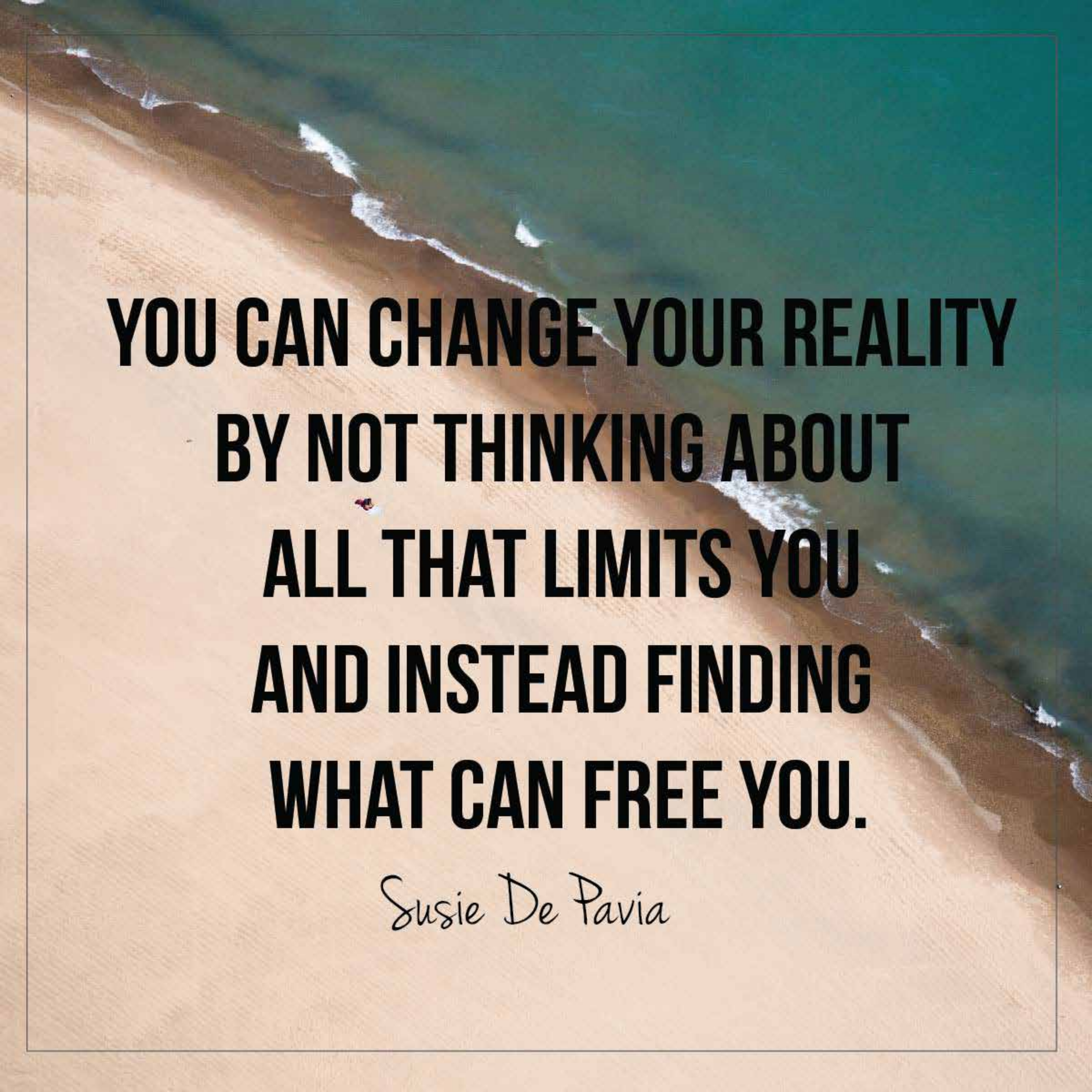
Stop all your thoughts of defeat,  
failure, and unhappiness from the past  
and open up the possibility of success,  
well-being, and happiness.

Susie De Pavia



If you want to help others,  
send them good thoughts  
on the things they are needing.

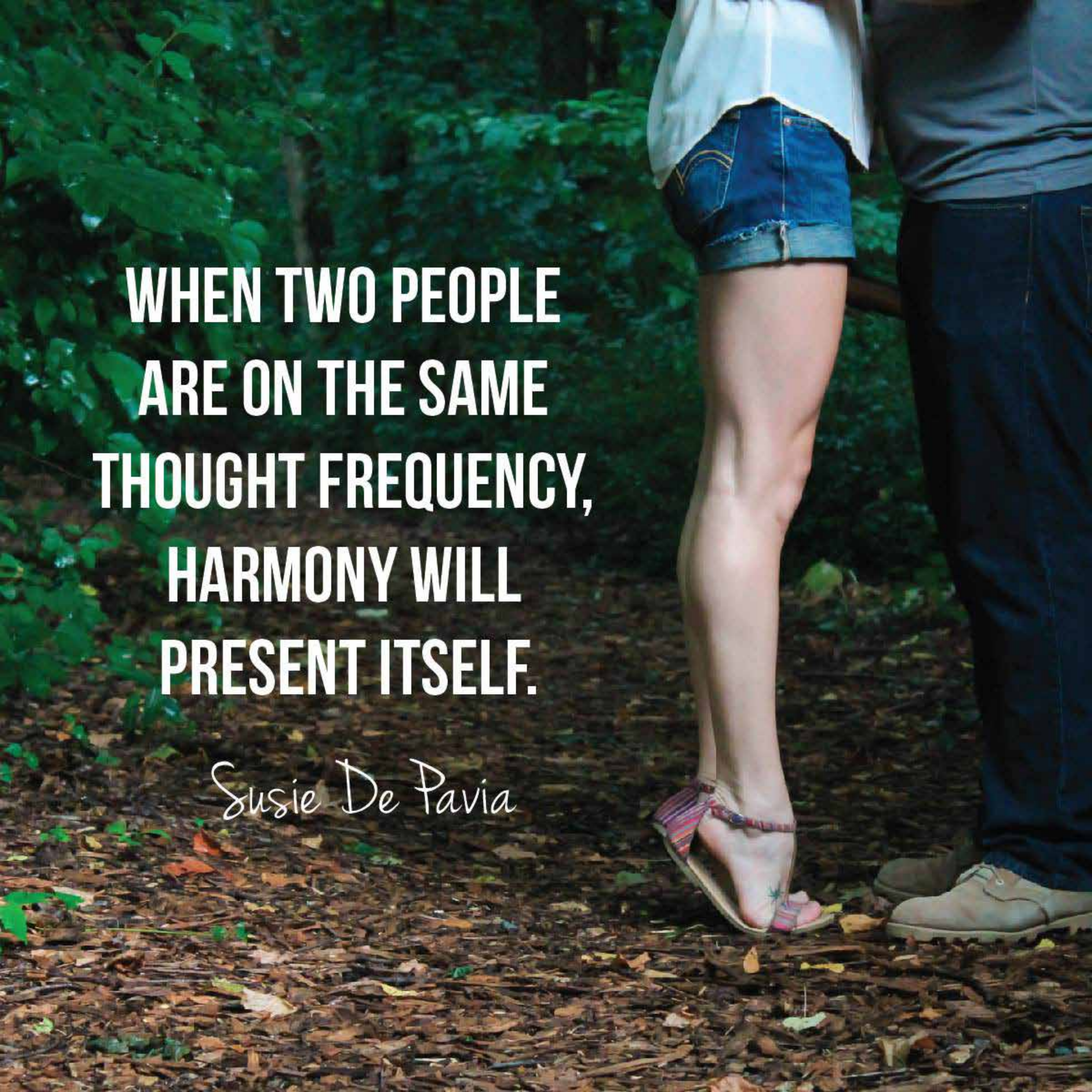
Susie De Pavia

An aerial photograph of a sandy beach meeting the ocean. The sand is a light tan color, and the water is a deep teal. White foam from the waves is visible where they meet the shore. The text is overlaid on the image in a bold, black, sans-serif font.

**YOU CAN CHANGE YOUR REALITY  
BY NOT THINKING ABOUT  
ALL THAT LIMITS YOU  
AND INSTEAD FINDING  
WHAT CAN FREE YOU.**


*Susie De Pavia*





**WHEN TWO PEOPLE  
ARE ON THE SAME  
THOUGHT FREQUENCY,  
HARMONY WILL  
PRESENT ITSELF.**

*Susie De Pavia*

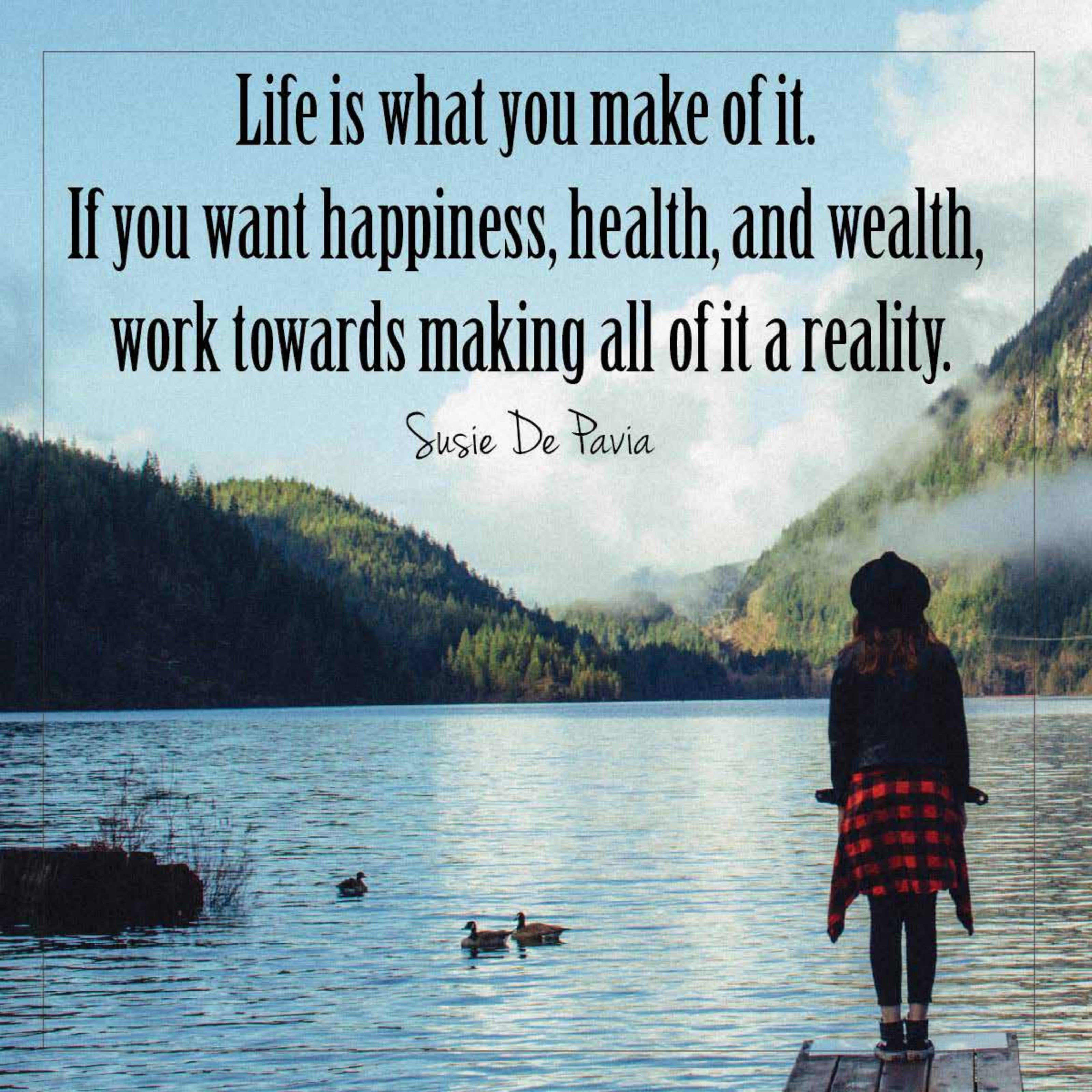


**Everyone has the power  
of imagination,  
lets put it to work  
to transform it  
into reality.**

*Susie De Pavia*

Life is what you make of it.  
If you want happiness, health, and wealth,  
work towards making all of it a reality.

*Susie De Pavia*



Invention is  
passion  
united  
with need.

Susie De Pavia






Each thought has  
a living force.

Send thoughts to others  
the way you would like for them  
to send them to you!

Susie De Pavia

FEAR IS  
WHAT KILLS  
YOUR DREAMS  
AND STEALS  
YOUR TALENT.

*Susie De Pavia*



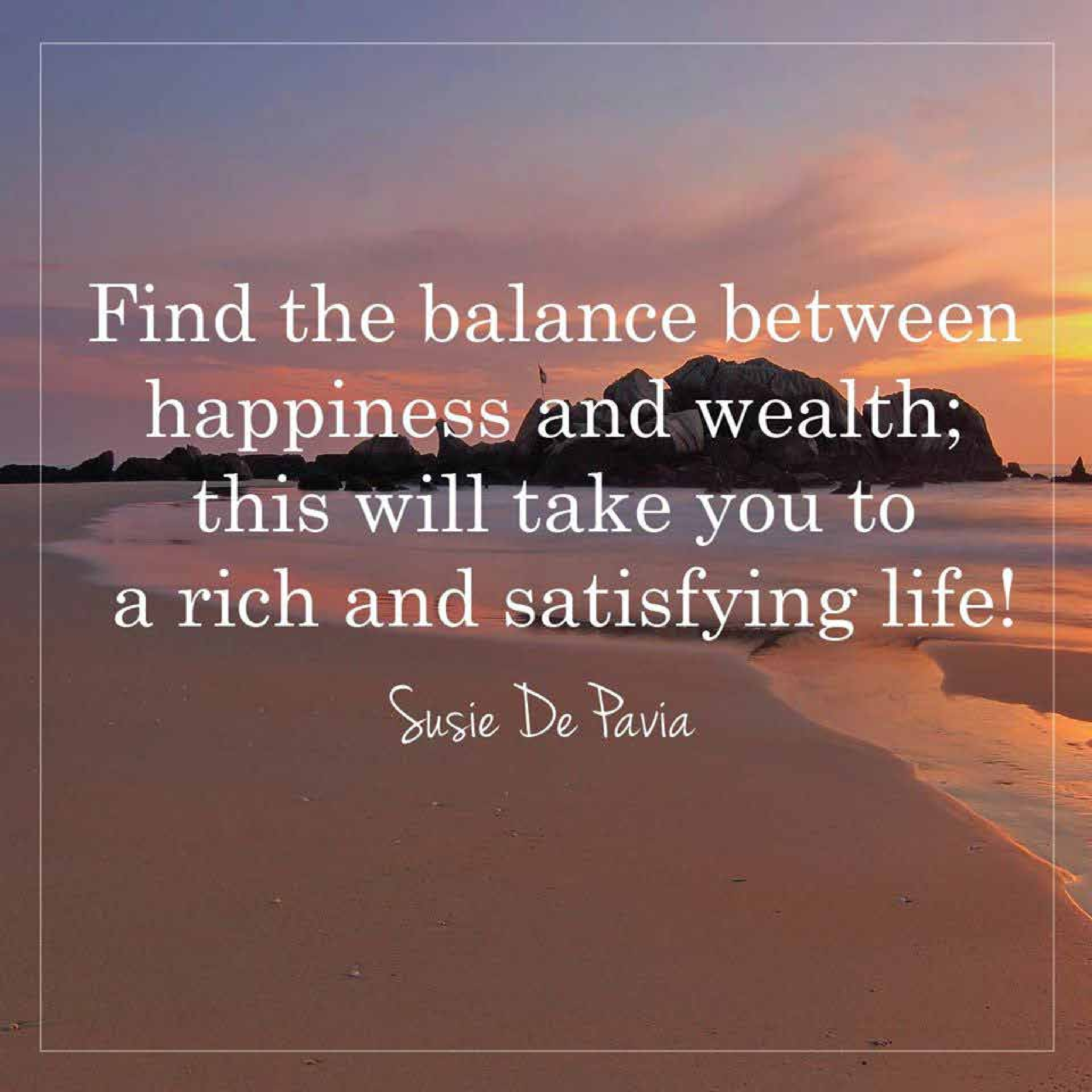
**MAKING A PLAN OF ACTION  
TOWARDS YOUR GOALS  
IS LIKE FOCUSING IN  
ON THE BULLSEYE BEFORE  
THROWING THE DART.**

*Susie De Pavia*

Failure is part of  
the learning curve  
and with it comes a lesson  
vital to success.

*Susie De Pavia*



A sunset over a beach with large rocks in the background. The sky is a mix of orange, yellow, and blue. The beach is sandy and the water is calm. The text is overlaid on the image.

Find the balance between  
happiness and wealth;  
this will take you to  
a rich and satisfying life!

*Susie De Pavia*

Learning to forgive yourself  
is crucial in order to flow with  
and grow in life.

Susie De Pavia

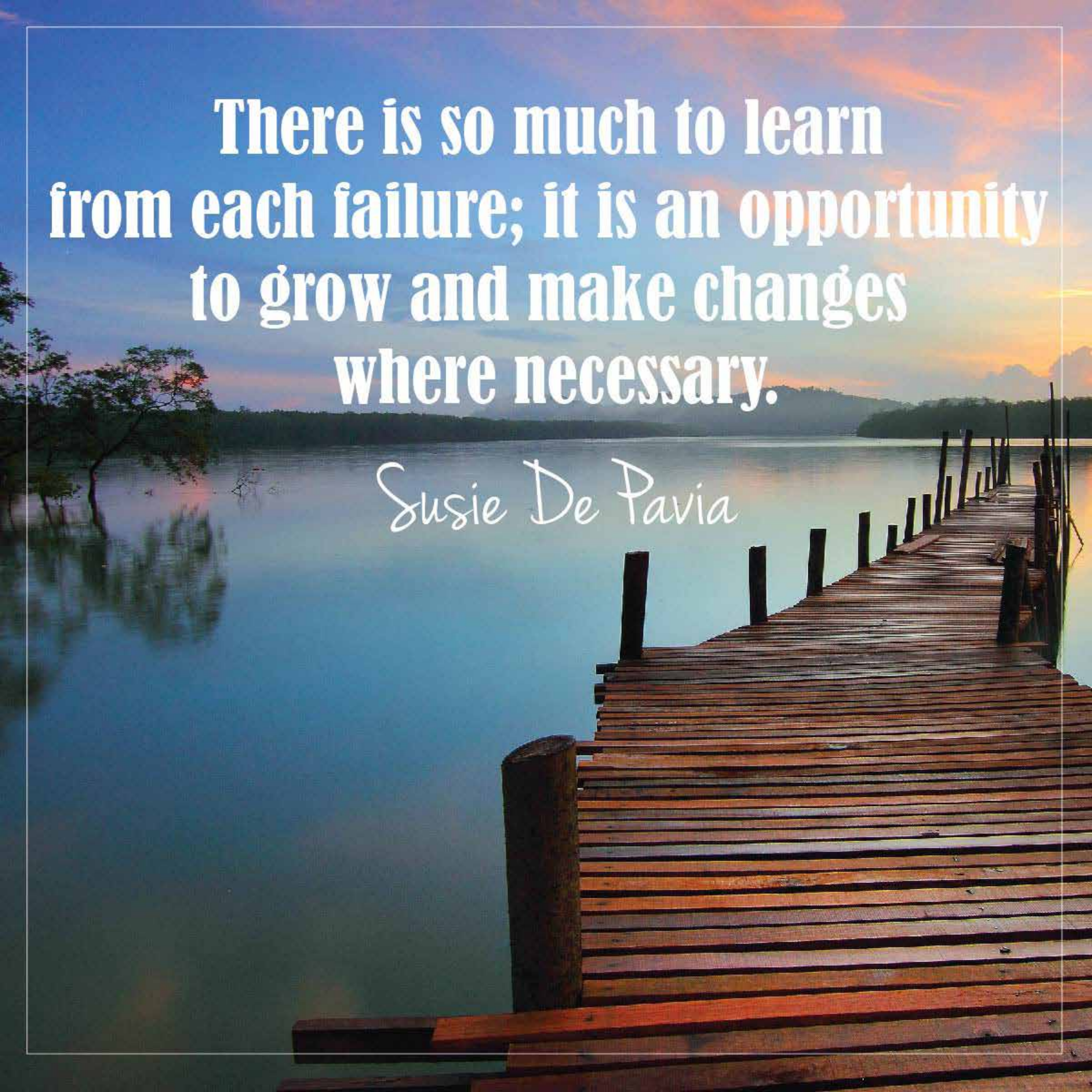
Obtain all  
of your goals  
by having faith  
in your desires.

Susie De Pavia



**There is so much to learn  
from each failure; it is an opportunity  
to grow and make changes  
where necessary.**

*Susie De Pavia*





**WILLPOWER CAN CHANGE ANYTHING.  
HAVE FAITH IN YOUR OWN WILLPOWER  
AND PUT IT INTO PRACTICE.**

*Susie De Pavia*

A photograph of a two-lane asphalt road with double yellow lines, curving through a dense forest. The trees are in autumn, with leaves in shades of yellow, orange, and brown. The lighting is soft, suggesting late afternoon or early morning. The text is overlaid in the center of the image.

Successful people  
never stop having faith  
and believing in their abilities.

Susie De Pavia



IF YOU CAN  
VISUALIZE SOMETHING,  
YOU CAN MANIFEST IT.

*Susie De Pavia*



*The most important thing  
to have faith in yourself  
is to believe in yourself*



*Susie De Pavia*



FOR A GOAL TO BE REACHED  
IT MUST BE SPECIFIC, MEASURABLE,  
OBTAINABLE, AND HAVE  
SOME TYPE OF BENEFIT.


*Susie De Pavia*



If you have ever failed,  
accept it, analyze it, forgive yourself,  
and learn from it.

*Susie De Pavia*



A woman with long blonde hair is sitting on a cliff edge, looking out over a vast, forested valley at sunset. The sun is low on the horizon, creating a warm, golden glow over the scene. The woman is wearing a white lace top and dark pants. The background is a dense forest of trees, and the sky is a mix of orange and yellow. The overall mood is peaceful and contemplative.

Desire is  
the key to  
reach any goal.

Susie De Pavia


STOP BLAMING YOURSELF.  
IF YOU HAVE  
MADE A MISTAKE,  
FIX IT,  
OR MAKE A PLAN OF ACTION  
SO THAT YOU DO NOT  
REPEAT IT.

*Susie De Pavia*



**EACH PERSON HAS  
AN ABILITY OR GIFT  
THAT CAN ADD GREAT VALUE  
TO THE WORLD.**

*Susie De Pavia*



You can only  
appreciate freedom  
when you give it to others.

*Susie De Pavia*



WHEN YOU GIVE  
FROM THE HEART YOU ATTRACT  
POSITIVE VIBRATIONS  
THAT ARE POSITIVE AND FULL OF  
RICHNESS AND RESPECT.

*Susie De Pavia*

APPLY THE CONSCIOUS THOUGHT  
THAT EVERYTHING IS POSSIBLE  
AND THAT YOU CAN MAKE IT POSSIBLE.

*Susie De Pavia*





A silhouette of a person standing on a rocky shore, holding a camera up to their eye as if taking a photograph. The background is a dramatic sunset over the ocean, with a bright sun partially obscured by clouds, creating a lens flare effect. The sky is filled with soft, white and grey clouds, and the water shows gentle waves. The overall mood is contemplative and inspiring.

Successful people  
never stop having faith  
and believing in their abilities.

Susie De Pavia

MAINTAIN AN OPEN MIND  
AND DO NOT CLOSE YOURSELF OFF  
TO THE UNLIMITED POSITIVE POSSIBILITIES  
THAT CAN MANIFEST IN YOUR PATH.

*Susie De Pavia*



Every time you focus on something  
all of your energy flows towards it.

*Susie De Pavia*

Everytime you  
have a thought,  
you are creating it;  
what you focus on  
is what appears  
in your life.

*Susie De Pavia*



A person is seen from behind, standing on a grassy hillside and looking out over a vast mountain range. The sun is low on the horizon, creating a warm, golden glow across the scene. The mountains in the distance are silhouetted against the bright sky. The foreground is filled with tall, dry grass and some small white flowers.

*Life is a strategy,  
treat it as such.*

*Susie De Pavia*

One of the objectives  
of your life is to  
transform the negative  
or unfavorable  
into positive  
or favorable.

*Susie De Pavia*



INCORPORATE MORE WORDS LIKE  
MARVELOUS, FANTASTIC, FABULOUS,  
AND BRILLIANT TO YOUR VOCABULARY  
TO ELEVATE THE VIBRATION IN YOUR LIFE.

*Susie De Pavia*





LOVE IS THE FORCE OF THE UNIVERSE;  
LETS ALL JOIN IN WITH  
GOOD FEELINGS THAT COME  
FROM LOVE.


*Susie De Pavia*





WHEN THERE IS A BURNING DESIRE  
INSIDE YOU TO BE OR TO DO SOMETHING,  
FIND THE POWER WITHIN YOU THAT  
CAN HELP YOU MAKE IT COME TO BE.

*Susie De Pavia*

A person is seen from behind, sitting in a vibrant green hammock. They are looking out over a rugged, rocky landscape with dark, jagged rock formations under a hazy sky. The overall mood is contemplative and serene.

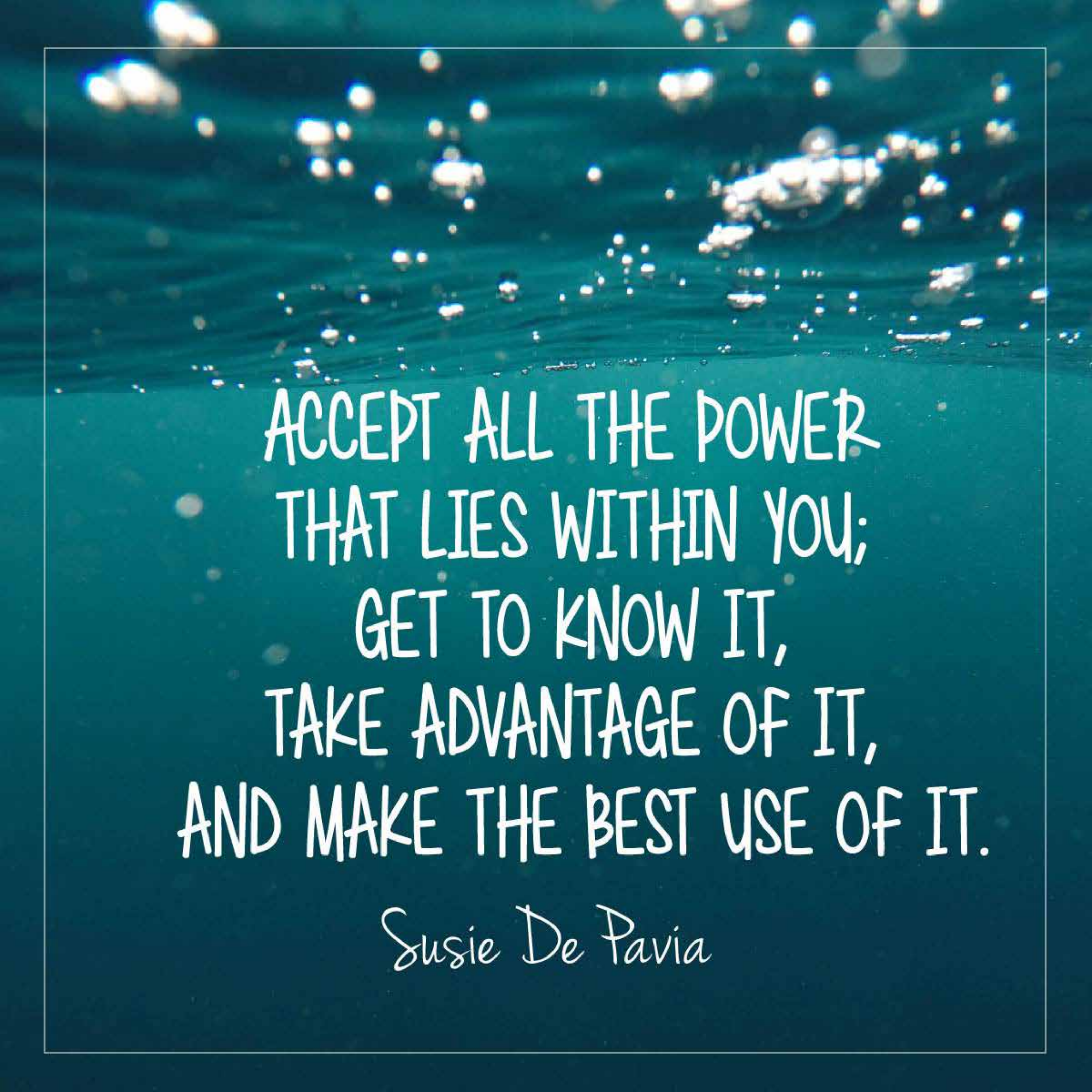
Discover your passion,  
what it is you are  
truly passionate about,  
and make it a part  
of your life.

Susie De Pavia

**WAKE UP EVERY MORNING  
FULL OF ENERGY, ENTHUSIASM,  
AND CELEBRATE BEING ALIVE!**

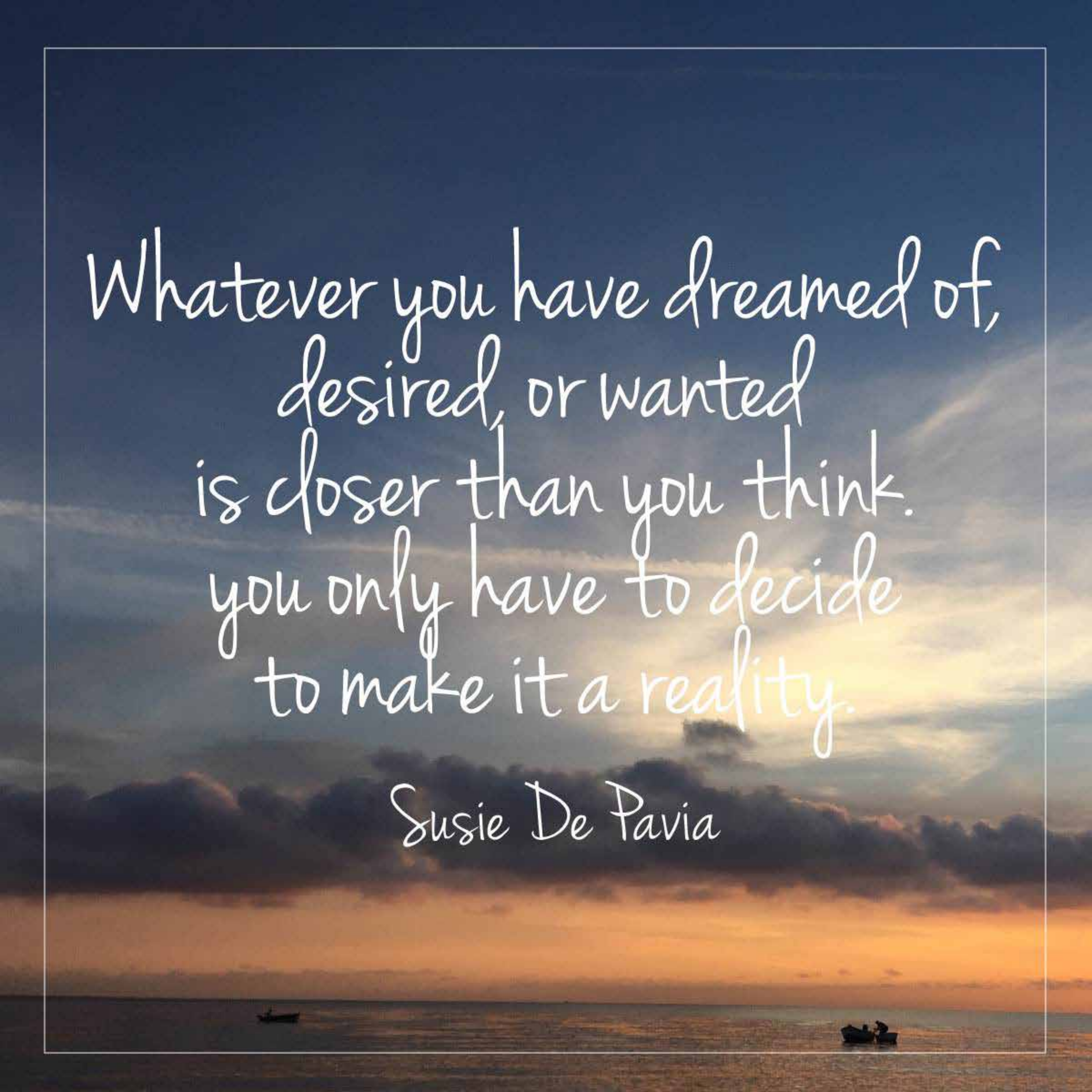
*Susie De Pavia*





ACCEPT ALL THE POWER  
THAT LIES WITHIN YOU;  
GET TO KNOW IT,  
TAKE ADVANTAGE OF IT,  
AND MAKE THE BEST USE OF IT.

*Susie De Pavia*

A sunset over the ocean with a small boat and a person in the distance. The sky is filled with dark, dramatic clouds, and the sun is low on the horizon, casting a warm, golden glow. The water is calm, reflecting the colors of the sky. In the bottom left, a small boat is visible on the water. In the bottom right, a person is sitting on the beach, looking out at the sea.

Whatever you have dreamed of,  
desired, or wanted  
is closer than you think.  
You only have to decide  
to make it a reality.

Susie De Pavia

THINK OF YOURSELF  
AS SOMEBODY THAT IS POWERFUL  
AND IMPORTANT BECAUSE  
YOU FORM YOUR SURROUNDINGS  
WITH YOUR MIND.

*Susie De Pavia*



**When something bad happens,  
look for the good  
that is manifesting.**

*Susie De Pavia*



*We are always  
thinking and creating,  
so think about  
what you truly want to create.*

*Susie De Pavia*



You can acquire more wisdom  
each day through all the lessons  
life teaches us.

Susie De Pavia



A person is seen from behind, standing on a gravel path and looking out over a vast, green field towards a dramatic sunset. The sky is filled with large, billowing clouds in shades of orange, yellow, and blue. The person is wearing a dark jacket and has a black rolling suitcase on the ground next to them. The scene is framed by a dark archway on the left side.

**BELIEVE IN YOUR INTUITION;  
THIS IS THE UNIVERSE'S REFLEXION  
INSPIRING YOU TO ACT.**

*Susie De Pavia*

VIBRATE IN THE FREQUENCY OF APPRECIATION  
AND YOU WILL ATTRACT PEOPLE  
THAT APPRECIATE YOU  
AND THAT YOU CAN APPRECIATE.

*Susie De Pavia*

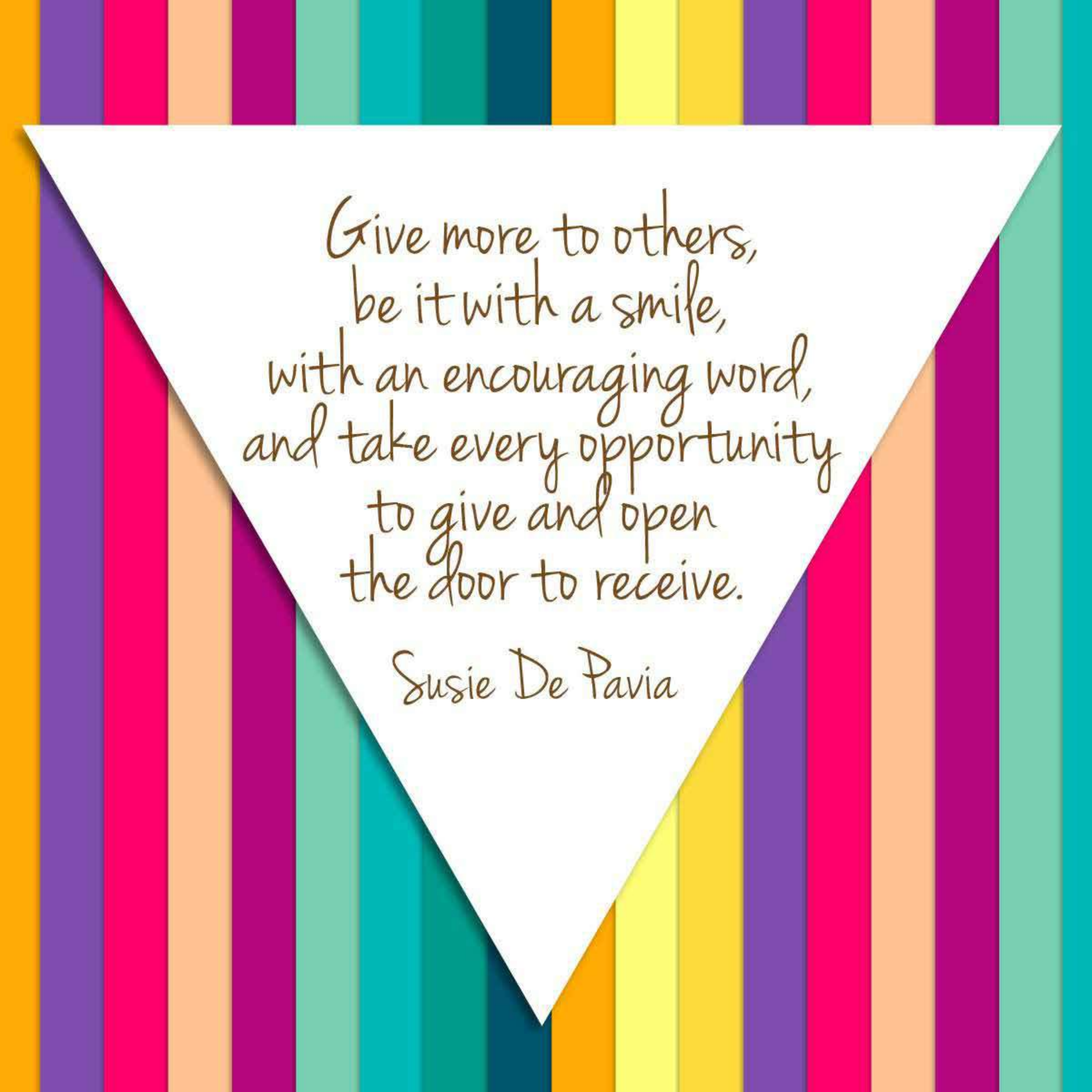
Wisdom comes  
hand in hand  
with courage,  
knowledge,  
strength,  
and inner peace.

*Susie De Pavia*

FOCUS ON  
THE GOOD QUALITIES IN OTHERS  
AND YOU WILL REDUCE EXPOSING YOURSELF  
TO THE NEGATIVE AND WILL ATTRACT  
MORE POSITIVITY.

*Susie De Pavia*





Give more to others,  
be it with a smile,  
with an encouraging word,  
and take every opportunity  
to give and open  
the door to receive.

Susie De Pavia



**INTENTION HAS GREAT POWER  
TO CONSCIOUSLY DETERMINE  
OUR FUTURE IN THE MOMENT.**

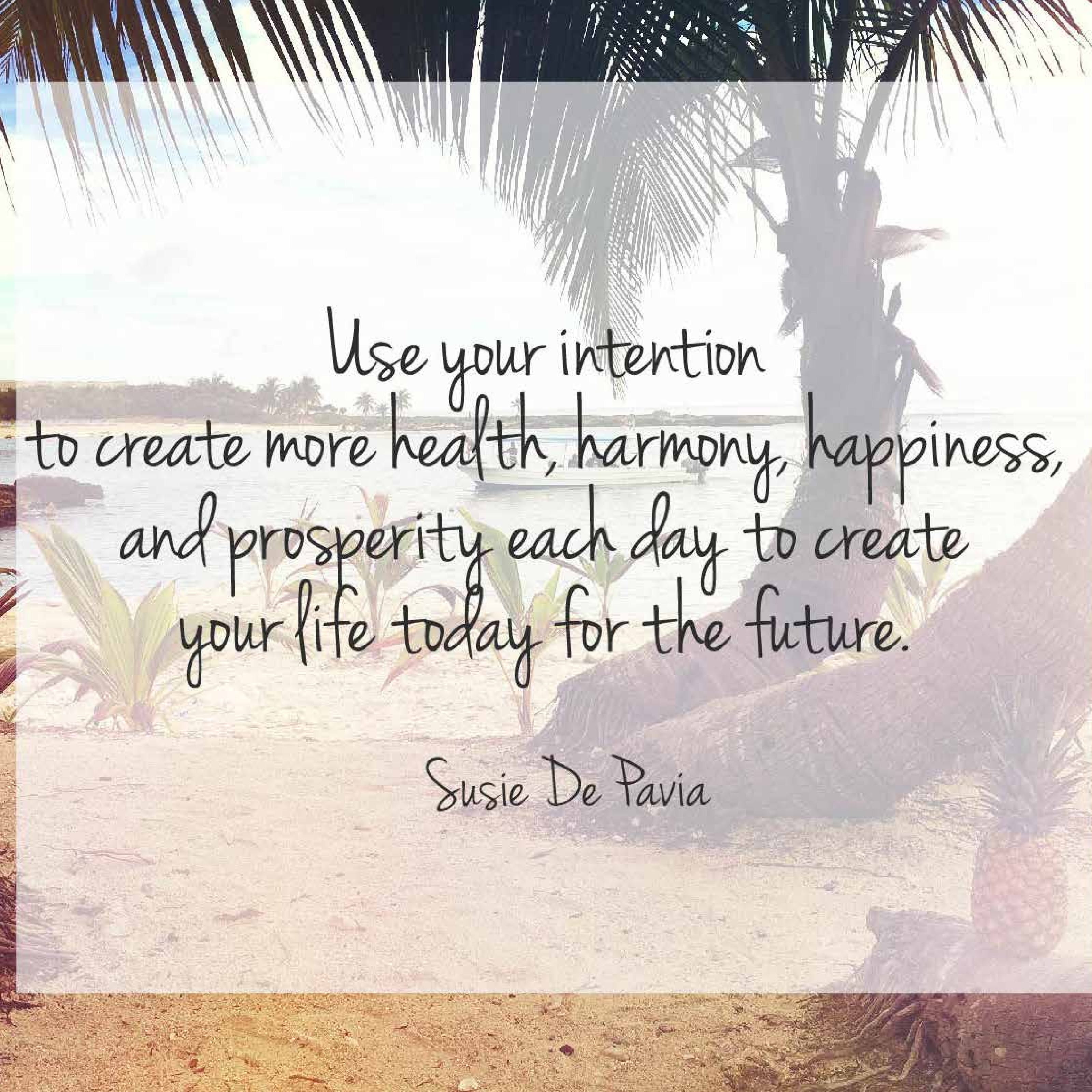
*Susie De Pavia*

**WHEN SOMETHING COMES  
INTO YOUR LIFE QUICKLY,  
IT'S BECAUSE YOU BELIEVED IN IT  
WITHOUT A DOUBT.**

*Susie De Pavia*







Use your intention  
to create more health, harmony, happiness,  
and prosperity each day to create  
your life today for the future.

Susie De Pavia

HAVE FAITH IN YOURSELF AND NEVER GIVE UP.  
GIVE YOURSELF THE OPPORTUNITY  
TO OBTAIN WHATEVER  
YOU HAVE WORKED SO HARD FOR.

*Susie De Pavia*

USE YOUR IMAGINATION  
AND THE MAGNIFICENT POWER  
OF YOUR MIND  
TO MANIFEST THE REALITY  
YOU WOULD LIKE TO LIVE.

*Susie De Pavia*

A person with a backpack is sitting on a rock, looking out over a vast forest. The scene is captured in a monochromatic green color scheme. The person is wearing a dark jacket and blue pants. The forest consists of many tall, thin trees, possibly pines or firs, stretching into the distance. The overall mood is contemplative and serene.

STOP GIVING  
YOUR PERSONAL POWER TO OTHERS,  
CONSERVE IT AND USE IT  
IN ALL THAT YOU DO.

*Susie De Pavia*

stop worrying about the future  
and focus on the present.

Susie De Pavia



HAVE FAITH AND STOP QUESTIONING WHEN,  
WHERE, AND HOW YOU ARE GOING TO GET  
WHAT YOU WANT.

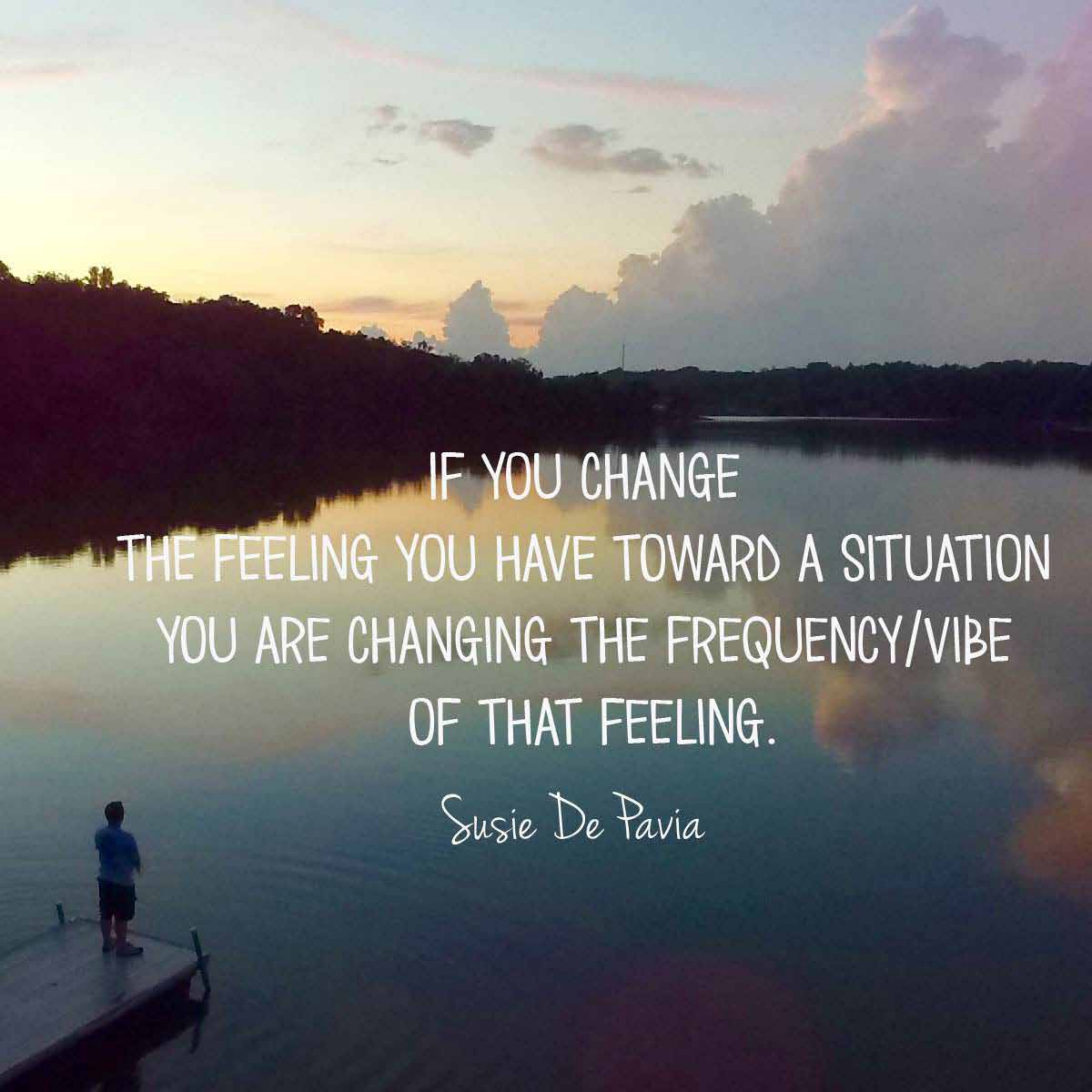
BELIEVE IT, IS ALREADY IN EXISTENCE  
IN YOUR LIFE.

*Susie De Pavia*



**YOU CAN CHANGE YOUR LIFE  
IF YOU START TO CHANGE YOURSELF;  
ONLY THEN WILL EVERYTHING  
AROUND YOU CHANGE.**

*Susie De Pavia*

A person is standing on a wooden dock in the bottom left corner, looking out over a large body of water. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue, suggesting a sunset or sunrise. The water reflects the colors of the sky. The text is overlaid in the center of the image.

IF YOU CHANGE  
THE FEELING YOU HAVE TOWARD A SITUATION  
YOU ARE CHANGING THE FREQUENCY/VIBE  
OF THAT FEELING.

*Susie De Pavia*





*You receive exactly  
what you give out.  
Give out love  
and you will receive it.*

*Susie De Pavia*

PUT YOUR PRIDE ASIDE  
AS THIS ONLY BLINDS YOU  
AND PROHIBITS YOU  
FROM SEEING THE TRUTH.

*Susie De Pavia*

A woman with long brown hair, wearing a colorful patterned bikini, is captured mid-air, jumping into the sea. Her arms are raised high in a gesture of freedom or triumph. The background features a clear blue sky, a calm turquoise sea, and distant mountains. A small boat is visible in the water, and a few people can be seen swimming. The overall scene conveys a sense of adventure and embracing new experiences.

HAVE THE COURAGE  
TO FACE NEW THINGS  
AND GIVE YOURSELF  
THE OPPORTUNITY  
TO TAKE A RISK.

*Susie De Pavia*

*Put your ideas down in writing.  
This will put them into motion;  
for where there is motion,  
there is life.*

*Susie De Pavia*



*Find the power in each change  
that presents itself.  
Take advantage of it  
and use it for your benefit.*

*Susie De Pavia*



there is an invisible intelligence  
that flows with a purpose  
in everything, just as it flows  
within you. Susie De Pavia



**WHEN THINGS DON'T HAPPEN AS PLANNED,  
ASK YOURSELF WHAT GOOD CAN COME OF IT  
AND ACCEPT IT.**

*Susie De Pavia*




Let others be  
without trying to control them  
just like a sunset,  
let them slowly evolve.

Susie De Pavia





A woman with long, wavy hair is sitting on a wooden pier, looking out at the ocean during sunset. The sun is low on the horizon, creating a warm, golden glow over the water. A small sailboat is visible in the distance. The woman's hand is resting on the wooden railing of the pier.

Enjoy the experience  
of what is around you.  
Integrate yourself with it  
and enjoy every moment.

Susie De Pavia

ALLOW YOURSELF TO FEEL DEEP WITHIN YOU  
WHO YOU REALLY ARE  
A VALUABLE AND CAPABLE BEING.  
SHOW IT TO THE WORLD!!

*Susie De Pavia*



*Don't wait  
for things  
to happen  
make them  
happen!!!*

*Susie De Pavia*

EXPERIENCE GIVES YOU GROWTH.  
LIVE, ENJOY, AND DEVELOP YOUR POTENTIAL.

*Susie De Pavia*

THE POWER OF GRATITUDE  
CAN TRANSFORM ANY DAY INTO HAPPINESS,  
HARMONY, AND BLESSINGS.

*Susie De Pavia*



**DON'T WAIT  
FOR SOMETHING EXTERNAL  
TO MAKE YOU HAPPY IN THE FUTURE.  
BE HAPPY IN THE PRESENT  
AND ENJOY EACH MOMENT.**

*Susie De Pavia*





Optimism is  
when no matter how things are,  
we find the best angle  
to change or fix the situation.

Susie De Pavia

In order to create tomorrow,  
we must begin today  
by thinking and acting  
the way we want it to be.

Susie De Pavia



WE ALL HAVE THE ABILITY TO CHANGE OUR LIVES.

WE CAN ATTRACT ALL WE DESIRE  
BY VIBRATING IN ITS SAME FREQUENCY.

*Susie De Pavia*



**REPLACE EVERYTHING YOU DON'T LIKE  
WITH A NEW BEGINNING.  
MAKE THE DECISION, WRITE IT DOWN, FEEL IT,  
AND LET IT MATERIALIZE.**

*Susie De Pavia*

YOU CAN CHANGE ANYTHING IN YOUR LIFE  
WHEN YOU KEEP IT IN YOUR MIND WITH FULL FAITH  
AND CERTAINTY, WITH NO DOUBT WHATSOEVER.  
ONLY THEN WILL IT MATERIALIZE!

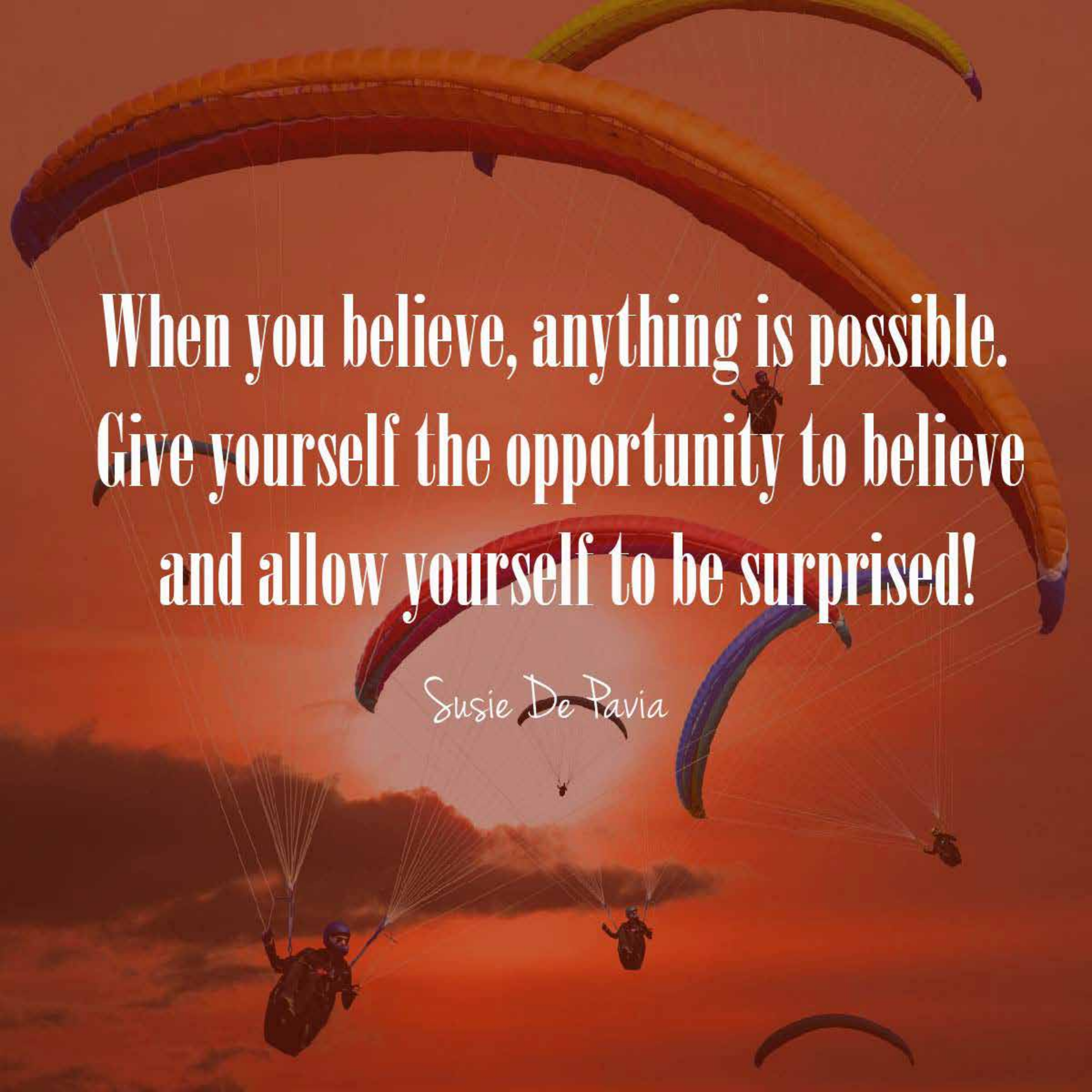
*Susie De Pavia*





Think carefully  
because your thoughts are shaping  
your surroundings.

Susie De Pavia



When you believe, anything is possible.  
Give yourself the opportunity to believe  
and allow yourself to be surprised!

*Susie De Pavia*

CHANGE THE PERCEPTION  
OR FEELING YOU HAVE  
TOWARDS WHAT YOU WANT TO HAPPEN  
AND YOU WILL ACHIEVE IT EASILY.

*Susie De Pavia*

We cannot observe feelings  
but we can observe  
the attitudes that have been  
created by them.

Susie De Pavia



**IF YOU SPEND YOUR TIME COMPLAINING  
ABOUT EVERYTHING, YOU DO NOT ALLOW SPACE  
FOR SOMETHING GOOD TO COME  
INTO YOUR LIFE.**

*Susie De Pavia*



WE CANNOT MEASURE ATTITUDE  
BECAUSE ATTITUDES  
ARE THE THOUGHTS WE HAVE  
TOWARDS PEOPLE OR SITUATIONS.

*Susie De Pavia*



A person is sitting on a tree trunk in a forest. The ground is covered with fallen leaves. The person is wearing a dark jacket, blue jeans with a tear at the knee, and light-colored boots. The text is overlaid on the image in a white, cursive font.

When we have less stress  
we are able  
to make better decisions.


Susie De Pavia

DO NOT ALLOW OVERWHELMING  
FEELINGS TO OVERLOAD YOUR BRAIN  
BECAUSE YOUR BODY WILL THEN  
DECIDE TO MAKE UNFAVORABLE  
PHYSICAL CHANGES IN YOU IN RESPONSE.

*Susie De Pavia*

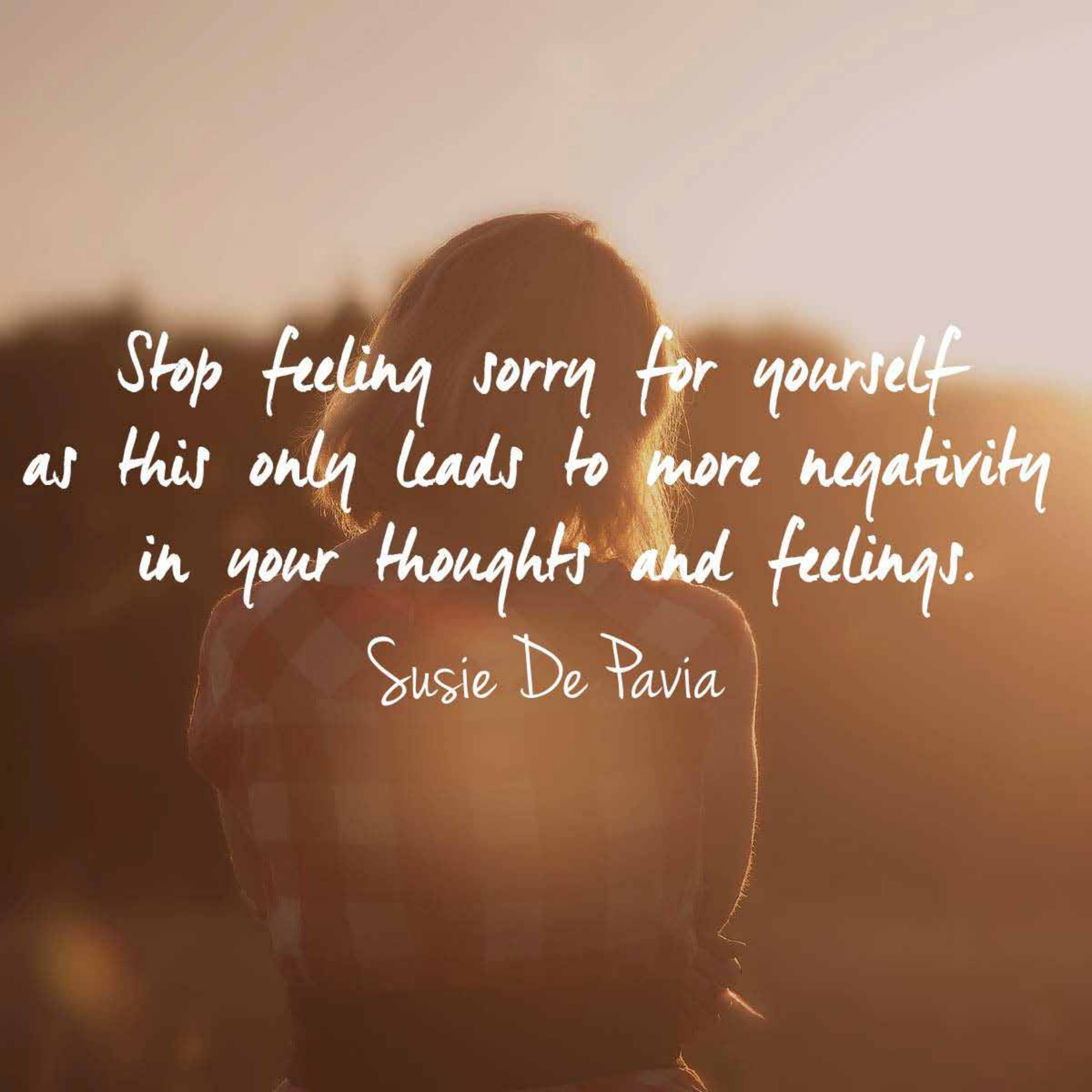
**DON'T FALL IN THE HABIT  
OF SPEAKING NEGATIVELY  
BECAUSE YOUR BODY WILL RESPOND  
IN THE SAME MANNER.**

*Susie De Pavia*



When stress is very high  
the brain creates substances  
that promote more stress,  
this making it a never-ending cycle.  
Relax!

Susie De Pavia



Stop feeling sorry for yourself  
as this only leads to more negativity  
in your thoughts and feelings.

Susie De Pavia



**ENERGY TRANSFERS ITSELF EASILY  
FROM ONE LIVING BEING TO ANOTHER.**

**WHEN THE ENERGY  
BEING TRANSFERED IS GOOD,  
IT FEELS GOOD AND IS WONDE**

*Susie De Pavia*

MEASURE YOUR SUCCESS  
NOT BY THE AMOUNT OF MONEY YOU HAVE,  
BUT BY THE HAPPINESS YOU FEEL.

*Susie De Pavia*



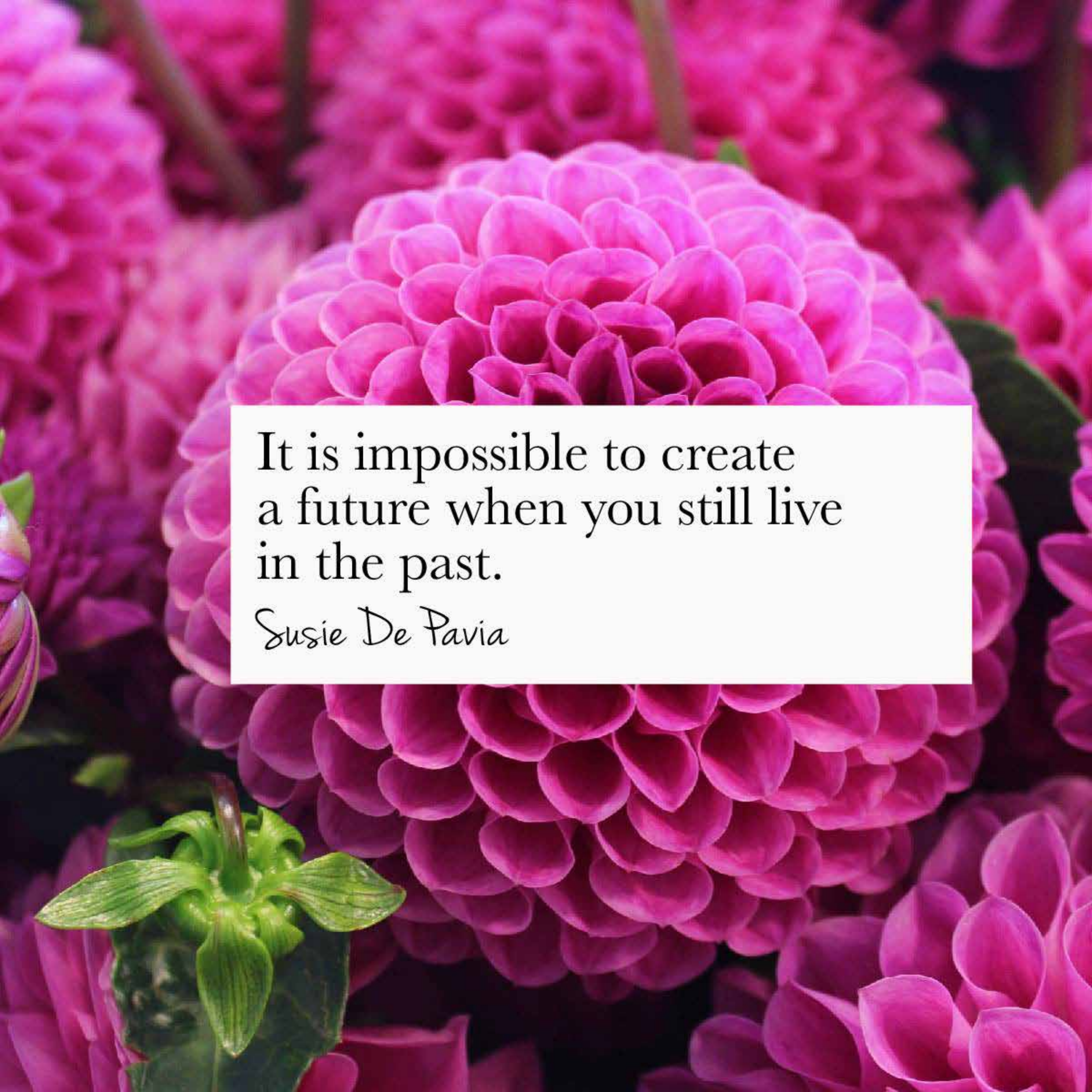
Distance yourself from  
people that only give off  
negative energy, for this is a  
powerful force that can ruin  
your day.

*Susie De Pavia*



*Happy people think about*  
**all the good things they have,**  
*the good things that have happened,*  
**and all the good that is about to come**  
*into their life.*

*Susie De Pavia*



It is impossible to create  
a future when you still live  
in the past.

*Susie De Pavia*

TODAY IS A MARVELOUS GIFT,  
ONE THAT YOU CAN MAKE  
WITH WHATEVER YOU DECIDE.  
DECIDE ON THE BEST ENERGY, VIBRATION,  
AND POSITIVE INTENTIONS  
IN EVERYTHING THAT YOU DO.

*Susie De Pavia*

HAPPINESS!

WHAT IS HAPPINESS?

IT'S THAT FEELING INSIDE YOU


THAT MAKES YOU VIBRATE.

*Susie De Pavia*

**FORGIVENESS  
IS IMPORTANT  
FOR YOU.  
IT LIBERATES YOU  
FROM CARRYING  
A BURDEN THAT  
CAN MAKE YOU ILL,  
NOT THEM.**

*Susie De Pavia*



A tropical beach scene with a sunset sky, waves, and a palm tree. The sky is filled with soft, colorful clouds in shades of orange, pink, and purple. The ocean waves are gentle and white-capped, washing onto a sandy beach. A single palm tree stands on the right side of the frame, its trunk leaning slightly. The overall mood is peaceful and serene.

Stop focusing  
on what you don't have  
and focus on what you need  
and want so that it can manifest  
itself.

*Susie De Pavia*



GRATITUDE!

A GREAT WORD WITH GREAT ENERGY,  
FOR EVERYTHING YOU ARE GRATEFUL  
FOR MULTIPLIES ITSELF.

*Susie De Pavia*





go with the  
flow and let  
everything fall  
into place with the  
certainty that  
everything is  
great!

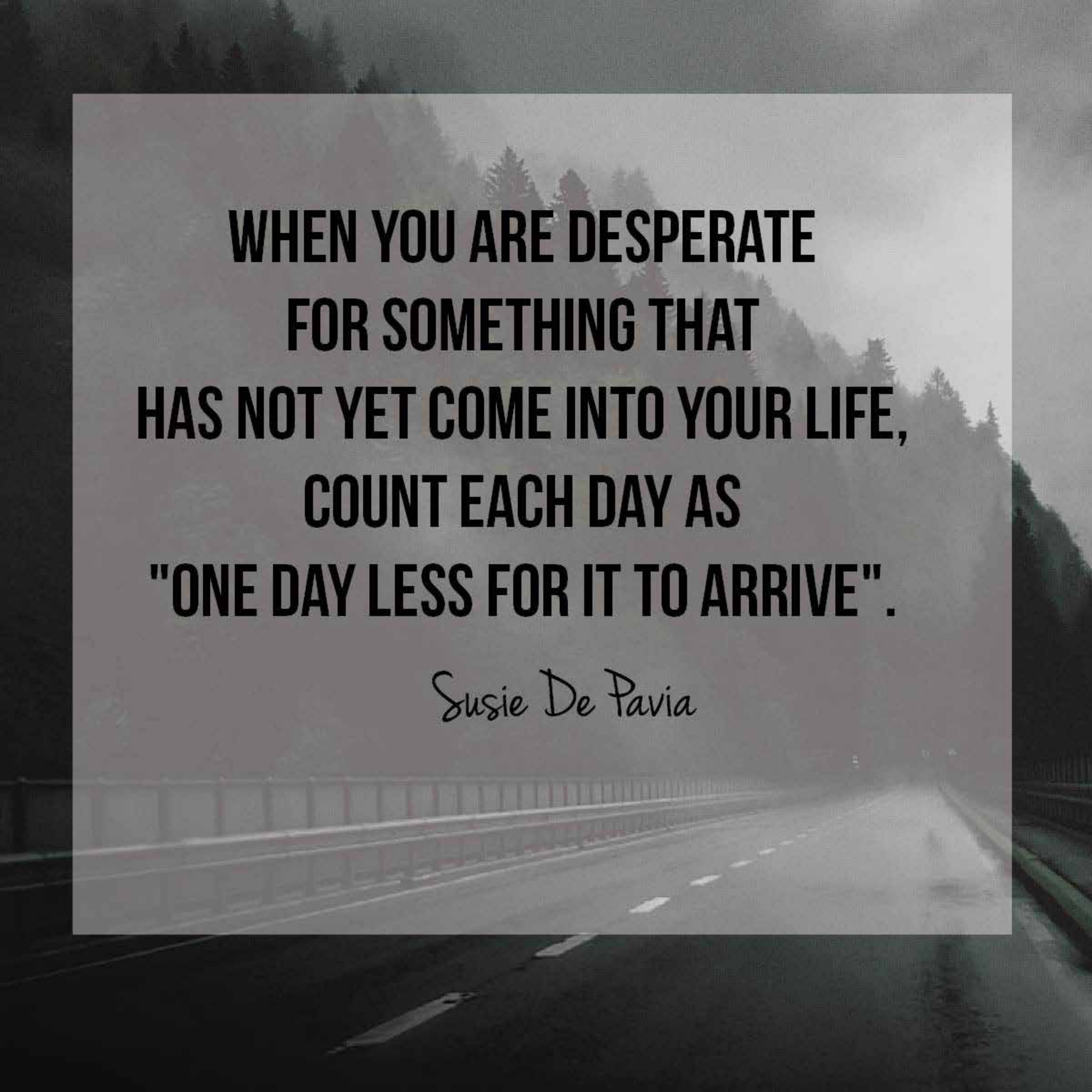
Susie De Pavia

MAKE EVERY DAY OF YOUR LIFE A PLEASURE.

FILL IT WITH KINDNESS TOWARDS YOURSELF

AND OTHERS.

*Susie De Pavia*

A grayscale photograph of a road winding through a forest. The road is covered in a light layer of snow or frost, and the air is thick with fog, obscuring the trees in the distance. A metal guardrail runs along the left side of the road. The overall mood is quiet and contemplative.

**WHEN YOU ARE DESPERATE  
FOR SOMETHING THAT  
HAS NOT YET COME INTO YOUR LIFE,  
COUNT EACH DAY AS  
"ONE DAY LESS FOR IT TO ARRIVE".**

*Susie De Pavia*



Health is  
one of the most  
precious things.  
Feeling healthy  
is a treasure.  
Treasure your body  
and give it  
the best  
you can.

*Susie De Pavia*



Stop living in the past,  
it no longer exists.

Today exists!

Appreciate it

and live each moment

because with each moment

you are building

your future.

*Susie De Pavia*



When you want something good to happen in your life, give your best attitude and you will start creating it.

*Susie De Pavia*

YOUR LIFE IS A RESULT

*of your thoughts*

AND YOUR BODY IS A RESULT OF

*what you eat!*

HAVE THE BEST THOUGHTS AND EAT

*as healthily as possible.*

Susie De Pavia



**DO YOU WANT TO CREATE  
MORE ABUNDANCE IN  
YOUR LIFE?**

**FEEL HOW FORTUNATE  
YOU ARE, YOU ARE ALIVE,  
HEALTHY, AND WITH ALL  
THE OPPORTUNITIES  
TO MAKE MORE!**

*Susie De Pavia*



**Feel proud of yourself!  
You are a perfect creation,  
and as such you can create  
everything you set  
your mind to with  
excellence.**

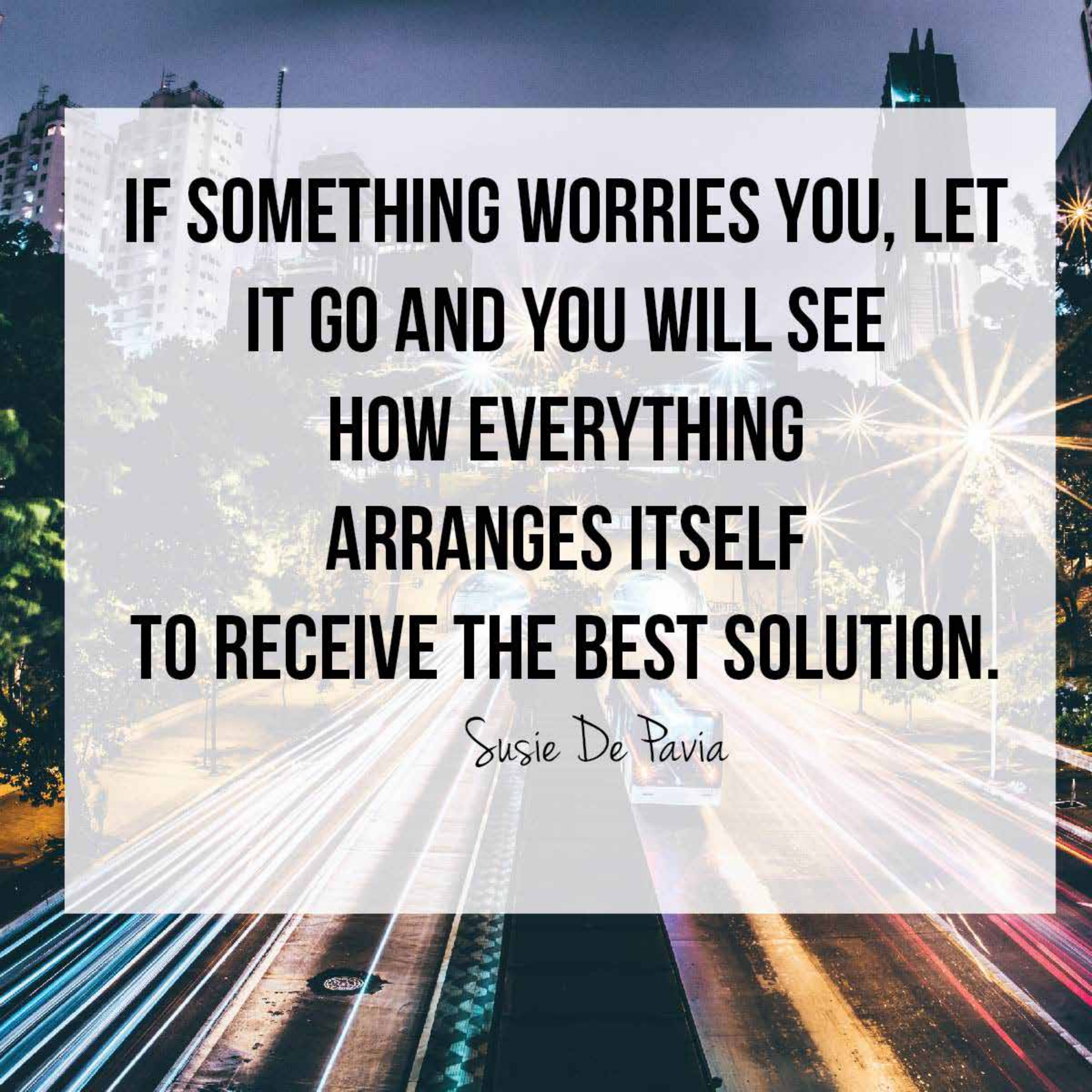
*Susie De Pavia*

Do the best you can always,  
no matter what it is.

Leave your mark, your imprint,  
and feel proud for having done it.

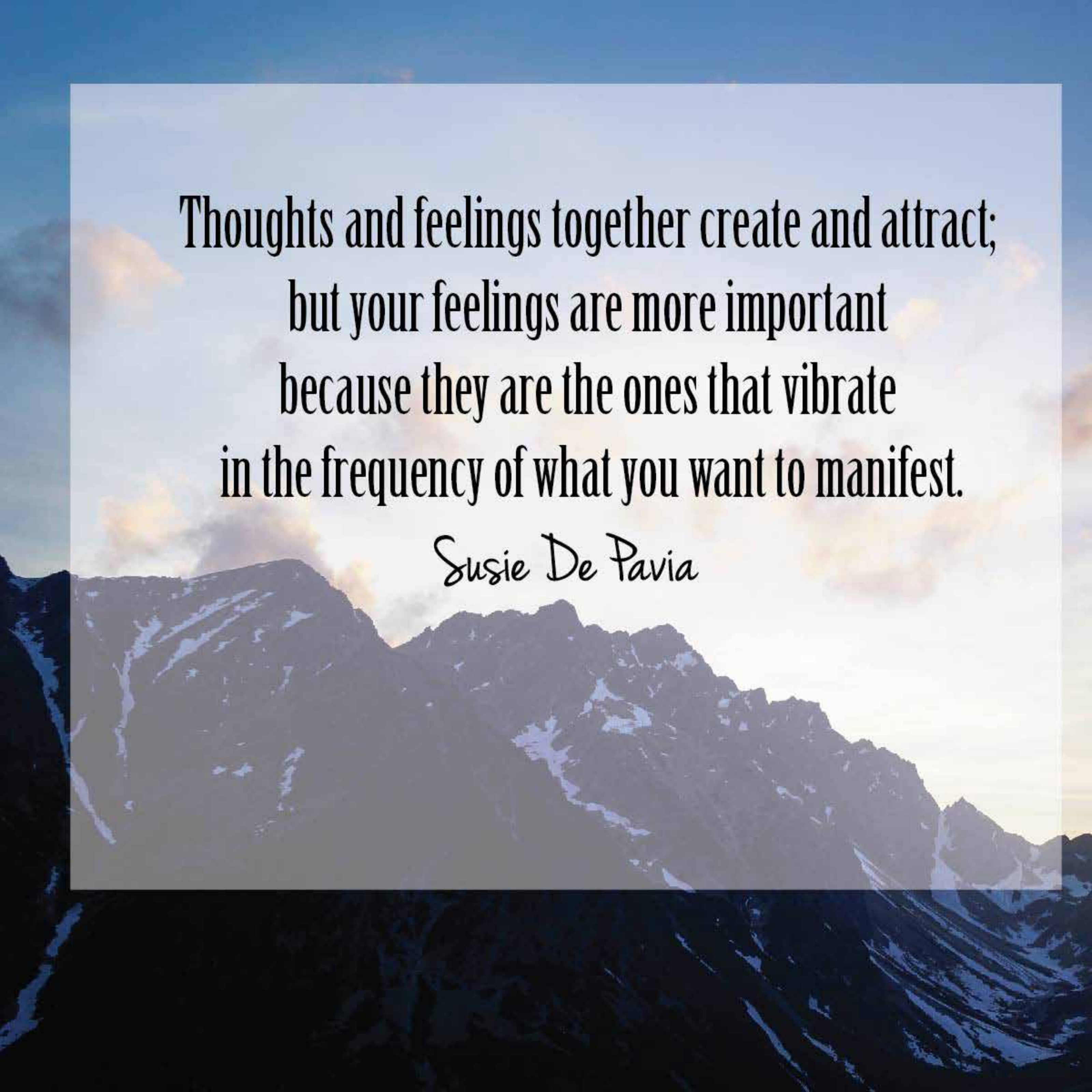
Susie De Pavia





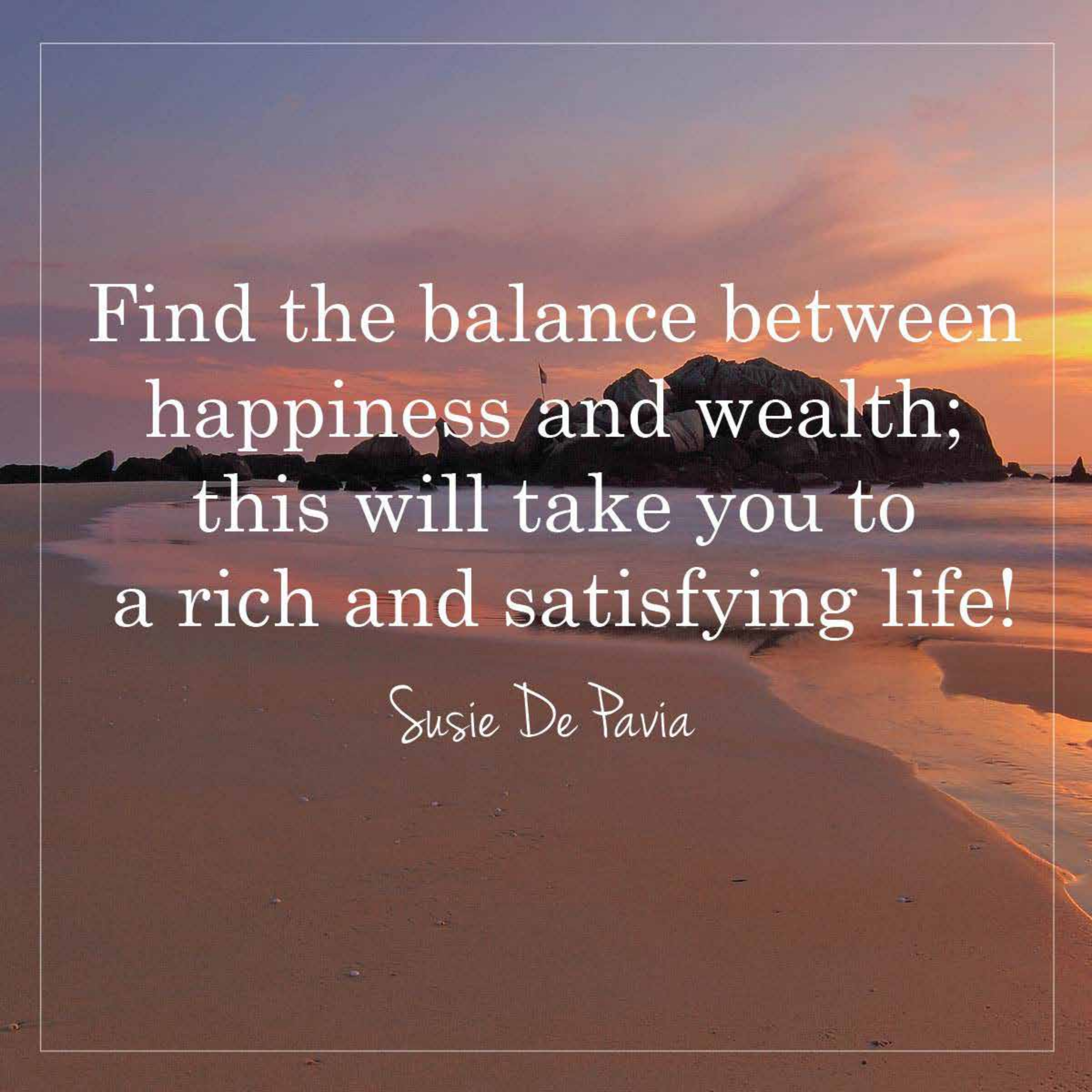
**IF SOMETHING WORRIES YOU, LET  
IT GO AND YOU WILL SEE  
HOW EVERYTHING  
ARRANGES ITSELF  
TO RECEIVE THE BEST SOLUTION.**

*Susie De Pavia*



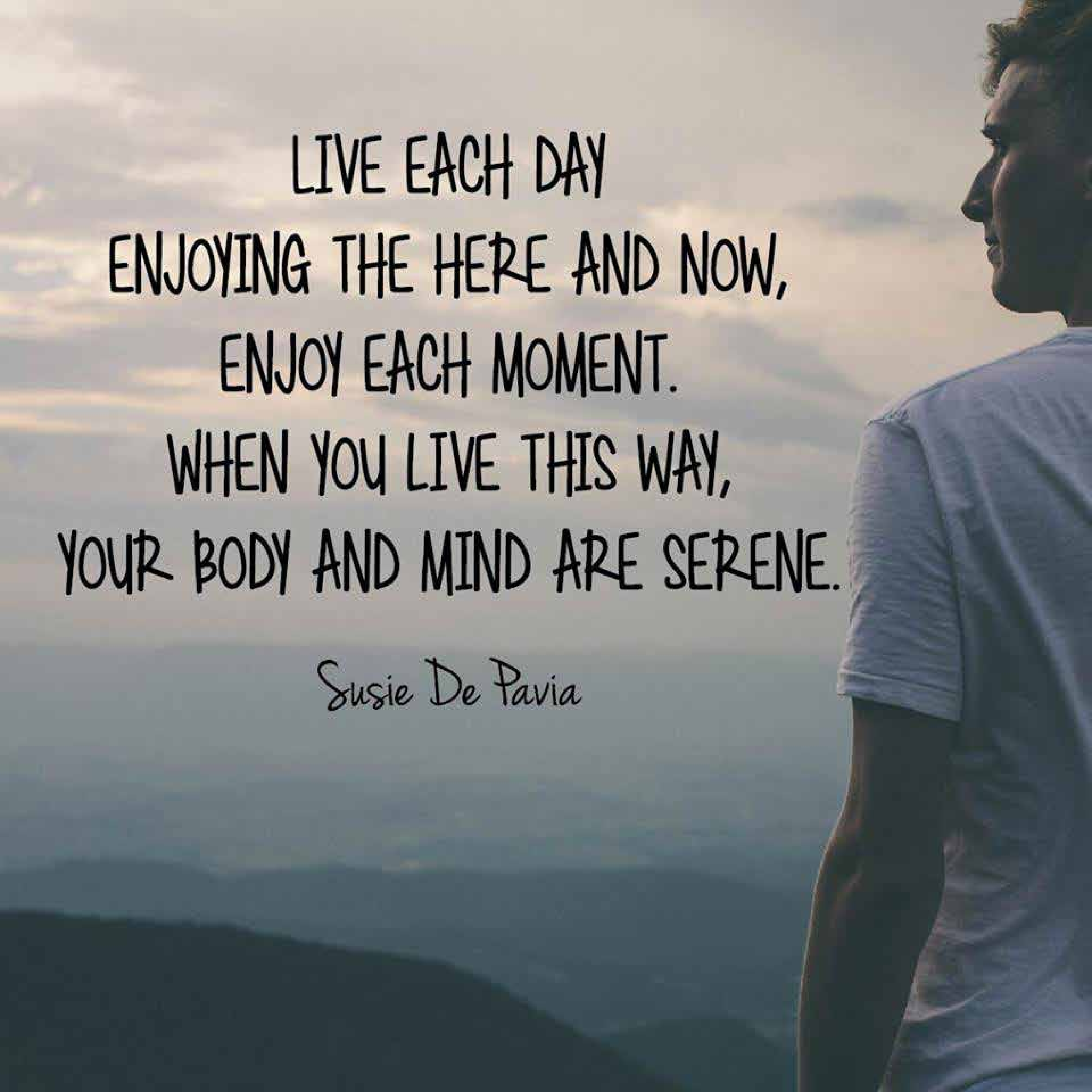
Thoughts and feelings together create and attract;  
but your feelings are more important  
because they are the ones that vibrate  
in the frequency of what you want to manifest.

*Susie De Pavia*

A serene sunset scene over a beach. The sky is a mix of soft pinks, oranges, and blues. In the background, large, dark rocks are silhouetted against the bright horizon. The foreground shows the gentle waves of the ocean meeting the sandy beach.

Find the balance between  
happiness and wealth;  
this will take you to  
a rich and satisfying life!

*Susie De Pavia*

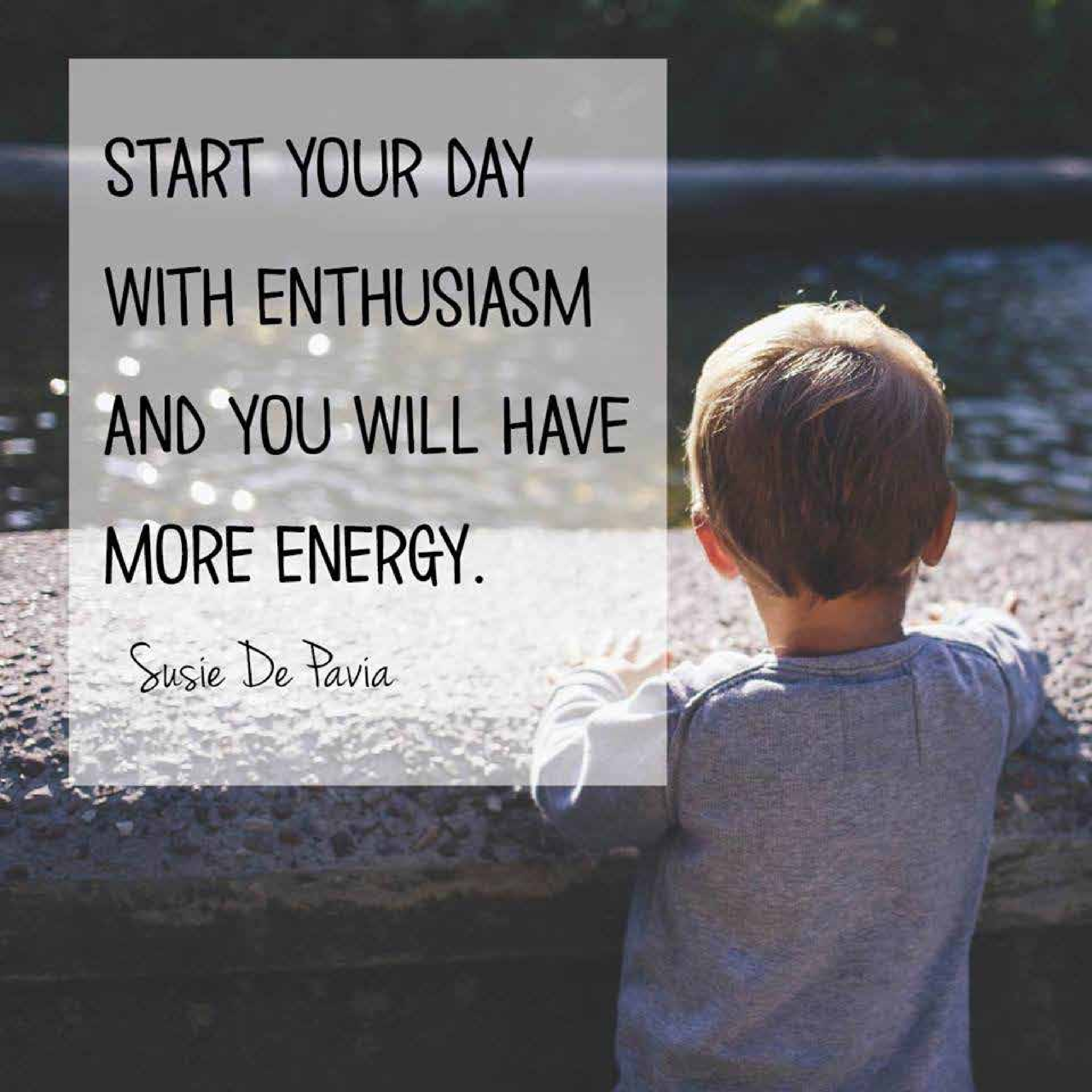
A man in a white t-shirt is shown in profile, looking out over a vast, hazy landscape. The sky is filled with soft, golden light, suggesting a sunset or sunrise. The text is overlaid on the left side of the image.

LIVE EACH DAY  
ENJOYING THE HERE AND NOW,  
ENJOY EACH MOMENT.  
WHEN YOU LIVE THIS WAY,  
YOUR BODY AND MIND ARE SERENE.

*Susie De Pavia*

You are like  
a magnet that attracts;  
**TO ATTRACT THE BEST**  
you must remain  
**POSITIVE & OPTIMISTIC**

Susie De Pavia



START YOUR DAY  
WITH ENTHUSIASM  
AND YOU WILL HAVE  
MORE ENERGY.

*Susie De Pavia*



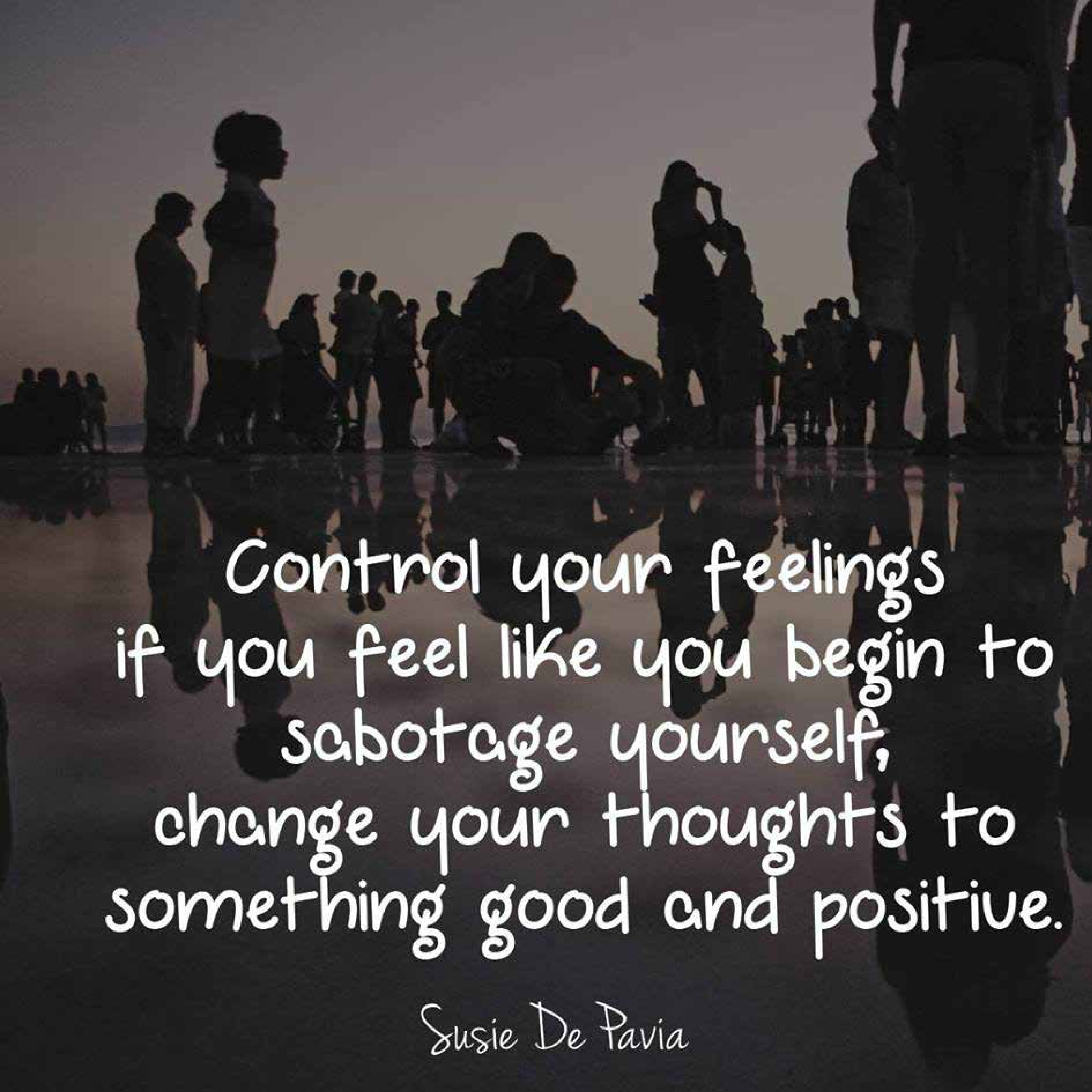
WHEN YOU GIVE,  
GIVE ALL YOUR LOVE  
AND WITHOUT RESERVE  
YOU WILL RECEIVE  
IN THE SAME MANNER  
IN WHICH YOU GIVE.

*Susie De Pavia*

WE MUST STOP "SUFFERING"  
MONDAY THROUGH FRIDAY  
UNTIL WE GET TO "ENJOY"  
THE WEEKEND...

WE MUST LEARN TO ENJOY BOTH,  
OUR WORK AND OUR TIME OFF.

Susie De Pavia

A photograph showing the silhouettes of a large group of people on a beach at sunset. The people are standing and sitting, and their reflections are visible in the wet sand. The sky is a soft, hazy orange and yellow. The text is overlaid in white, handwritten-style font.

Control your feelings  
if you feel like you begin to  
sabotage yourself,  
change your thoughts to  
something good and positive.

*Susie De Pavia*

STOP CRITICIZING OTHERS;  
PUT YOURSELF IN THEIR SHOES  
AND THINK OF HOW THEY MUST FEEL  
BEFORE BEING CRITICAL OF THEM.

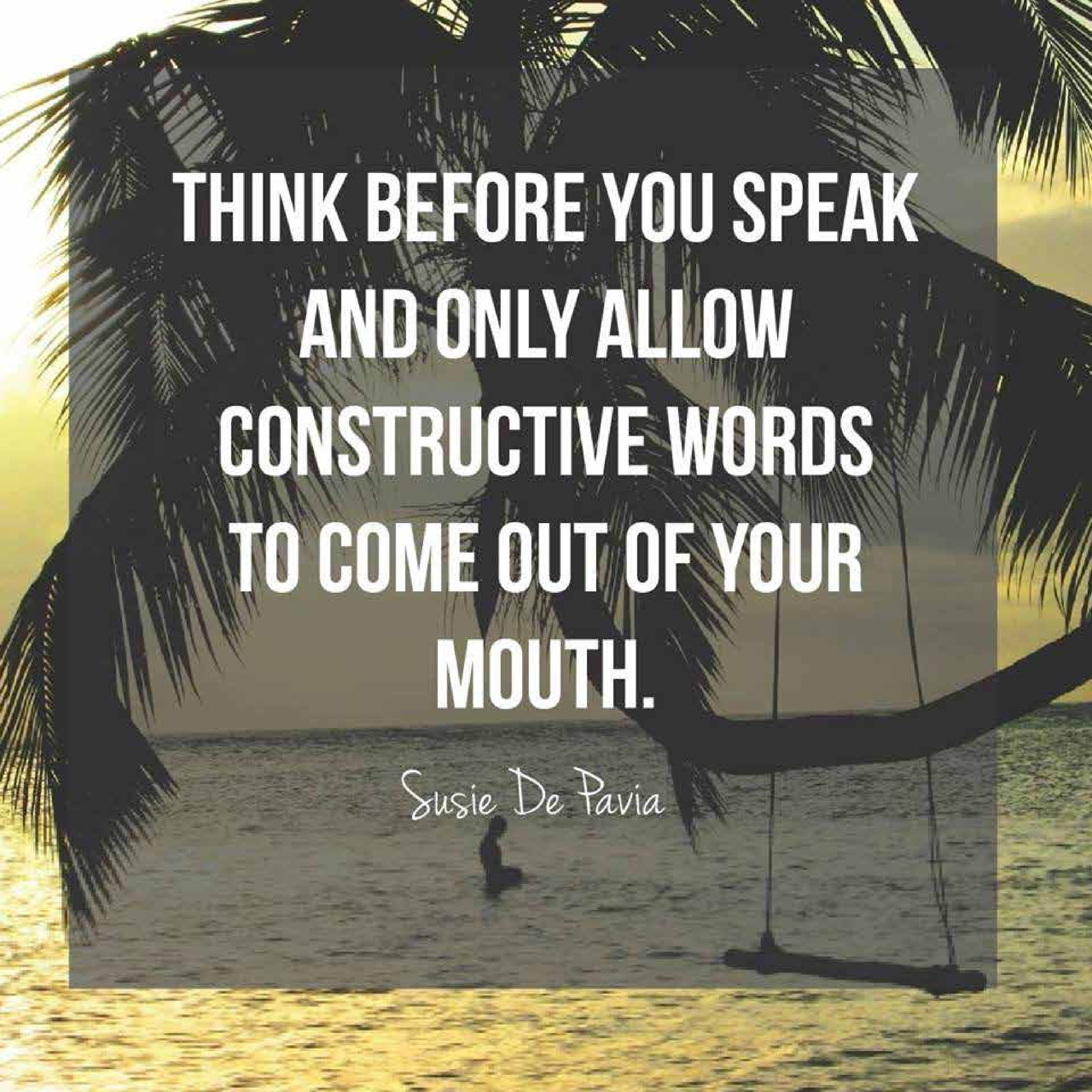
*Susie De Pavia*



FOR A GOAL TO BE REACHED  
IT MUST BE SPECIFIC, MEASURABLE,  
OBTAINABLE, AND HAVE  
SOME TYPE OF BENEFIT.


*Susie De Pavia*



A tropical beach scene at sunset. The sky is a mix of orange, yellow, and grey. In the foreground, the dark silhouettes of palm trees frame the view. In the middle ground, a person is seen kneeling in the shallow water. The overall mood is serene and contemplative.

**THINK BEFORE YOU SPEAK  
AND ONLY ALLOW  
CONSTRUCTIVE WORDS  
TO COME OUT OF YOUR  
MOUTH.**

*Susie De Pavia*



Appreciate who you are,  
what you have accomplished,  
and all the capacity  
you have to achieve more!

*Susie De Pavia*

REMEMBER THAT YOU ARE NOT ALONE  
EVEN THOUGH IT MAY APPEAR  
THAT WAY AND YOU FEEL THAT WAY.  
THE UNIVERSE IS WITH YOU  
IN EVERY MOMENT.

*Susie De Pavia*



**THOUGHTS BECOME REALITY,  
so think about the best,  
THE GOOD, AND THE POSITIVE.**

*Susie De Pavia*



**Value everything that you are,  
what you do, and what you can do.  
You are a magnificent being.  
Give yourself recognition  
and love yourself.**

*Susie De Pavia*



Worrying is worthless.  
Occupy yourself  
with what you have  
and what you can do  
and leave the rest  
for the Universe to do.

Susie De Pavia

visualize what you need,  
feel it with all your senses  
and it will turn  
into reality.

Susie De Pavia

SEE AND PERCEIVE  
THINGS THE WAY  
YOU WANT THEM TO BE  
AND THEY WILL  
TRANSFORM INTO  
WHAT YOU WANT  
THEM TO BE.

*Susie De Pavia*



**THE LAW OF ATTRACTION  
REQUIRES TO BE IN SYNCH  
WITH WHAT YOU WANT TO ATTRACT.  
IF YOU WANT LOVE,  
BE MORE LOVING.**

*Susie De Pavia*

It takes more energy  
to be in a negative mindset,  
so make your path easier  
and employ a positive  
mindset.

Susie De Pavia