



# DCB STRATEGIES

**Decide Commit Become**

## WEDNESDAY WEEKLY WISDOM!

"BREATHE"

**When people ask me what the most important thing is in life. I answer...Just Breathe.**

**Breathe in deeply to bring your mind home to your body.**

**Give yourself permission to take time to breathe, to live life, and to be present.**

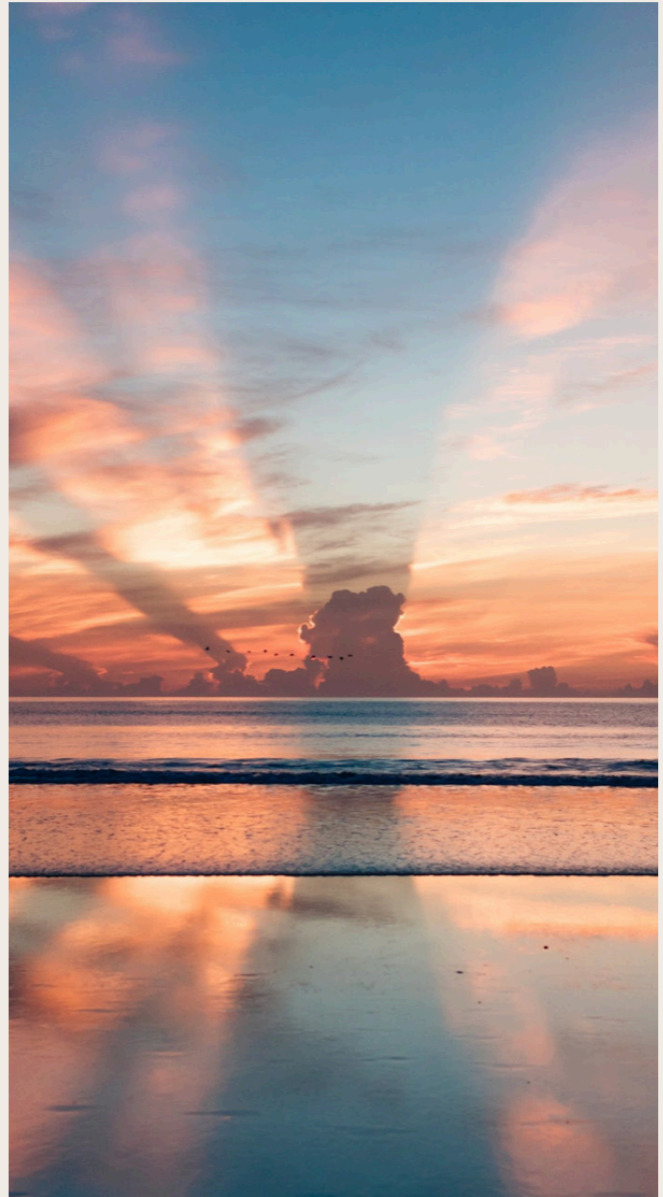
**Remember to breathe. It is after all the secret to life.**

**Just breathe. You'll never have this moment again.**

**Breathe through it!**

**Breathing in I calm my body.  
Breathing out, I smile.**

**Just breathe and relax...  
everything will make sense  
soon.**



**Being The Best And Average Have Nothing In Common**