You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing things with logic. True power is restraint. If words control you that means everyone else can control you. Breathe and allow things to pass.

— WARREN BUFFETT





INSTRUCTIONS: OPEN IN ACROBAT READER USING YOUR DESKTOP OR LAPTOP. PRINT ON 8.5x11 PREMIUM WHITE CARDSTOCK. BE SURE TO PRINT AT ACTUAL SIZE AND CENTERED. CUT TO SIZE AND FRAME