









# Spoken Word



Each morning is a reset to grow and improve  
Each day is a new chance to be a better person on this earth  
Each morning, I can take responsibility for myself in a new way  
Each day, I will do my best to love myself because spreading kindness starts with me  
Each morning, I will progress as I improve myself  
Each new day, I will make a conscious effort to be kind to others  
Each day that I wake up, I will do my part to create peace for one and all

~ Andrew Gellen