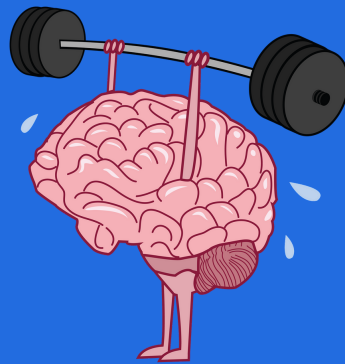




Stalking Jesus

There is No Restraining Order

HOW TO STRIVE TO BE MENTALLY STRONG



- 1. Do not focus on your past mistakes.**
- 2. Do not focus on your insecurities.**
- 3. Think positive.**
- 4. Always look up for a better version of yourself.**
- 5. Ask for help before you really need it.**
- 6. Do not let negative opinions create your purpose..**
- 7. Do not give up on you!**