THE LITTLE FROG'S GUIDE TO LIFE



MAYBELL EEQUAY

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TO ALL OF THE FROGS OUT THERE
WHO ARE TRYING THEIR BEST TO
MAKE SENSE OF THIS BEAUTIFUL
AND WEIRD WORLD WE LIVE IN.

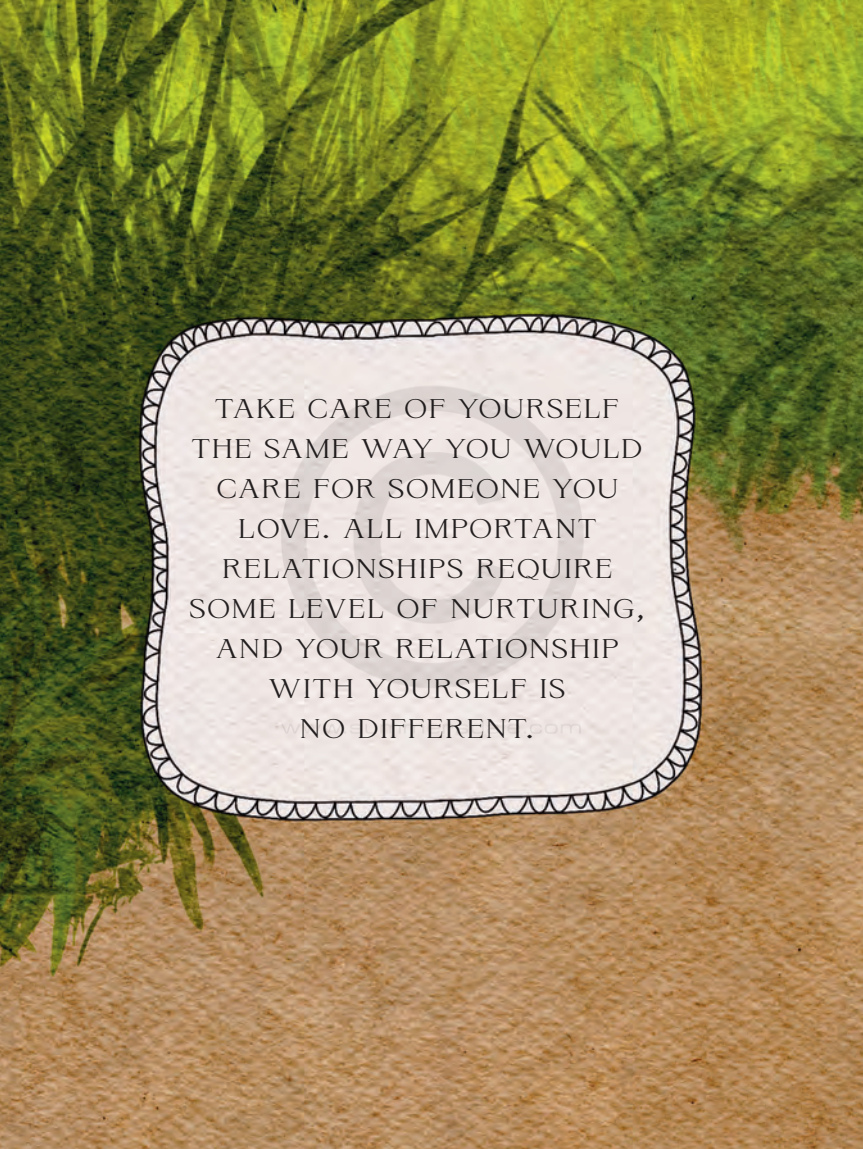
A SPECIAL THANK YOU TO MY MOM
AND JUJU FOR HELPING ME FIND MAGIC,
INSPIRATION AND LESSONS IN
EVEN THE HARDEST MOMENTS.

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CONNECTING WITH YOURSELF

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TAKE CARE OF YOURSELF
THE SAME WAY YOU WOULD
CARE FOR SOMEONE YOU
LOVE. ALL IMPORTANT
RELATIONSHIPS REQUIRE
SOME LEVEL OF NURTURING,
AND YOUR RELATIONSHIP
WITH YOURSELF IS
NO DIFFERENT.





WHEN YOU ARE TRYING TO WORK ON YOURSELF OR MAKE IMPROVEMENTS IN YOUR LIFE, IT'S IMPORTANT TO TAKE IT SLOW AND TO BE PATIENT. BY SLOWLY INCORPORATING ONE OR TWO NEW THINGS INTO YOUR LIFE AT A TIME, YOU ARE MORE LIKELY TO STICK WITH THEM THAN IF YOU TRY TO CHANGE SEVERAL THINGS ALL AT ONCE.



