

If life was easy, where would
all the adventure be?

Δòŕ^{ፍፁ} ለህገፍፁጋ^ጋሚ^ታሮ^ሩፀ^ሩ,
ፍፁፀፀፀፀፀፀፀፀፀፀ ፍፁፀፀፀፀፀፀፀፀፀፀ?



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Kamatsiaqtut
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**How deep is the
mud? Depends
on who you ask.
We all go through
the same stuff
differently.**

ბოლო დროებისთვის რაზე? უმეტესობისთვის
რაც დასაწყისისთვის. ცალკეობა
დასაწყისისთვის_ დასაწყისისთვის.



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**You never look good
trying to make
someone else look bad.**

ለሁሉም ግለሰቦች ለሁሉም ግለሰቦች
ለሁሉም ግለሰቦች ለሁሉም ግለሰቦች



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Be the reason someone
smiles today.



ᄁᄁᄁ ᄁᄁᄁᄁᄁᄁᄁᄁᄁ ᄁᄁᄁᄁᄁᄁᄁᄁᄁ.



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**Gossip dies when it hits
a wise person's ears.**

- Spirit Science



**ፎርብጥጥ ለግሩግ ምህንድስና
ሥራደራ ጋራ ምርጫ ለሆኑ።**

- ርዕሰ ምክር ቤቱ ለግሩግ



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A relationship is one where two independent people just make a deal that they will help make the other person the best version of themselves.



ᐃᐃᐸᐸᐱᐸᐱᐸᐱᐸᐱᐸᐱᐸ ᐱᐸᐱᐸ
ᐃᐸᐱᐸ ᐃᐸᐱᐸᐱᐸᐱᐸᐱᐸ
ᐃᐸᐱᐸᐱᐸᐱᐸᐱᐸᐱᐸ ᐱᐸᐱᐸᐱᐸᐱᐸᐱᐸ.



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**“I wish I could show you when
you are lonely or in darkness the
astonishing light of your own being.”**

- Hafiz



**“ርዕዮቼ ርዕዮዎቼ ሲሆኑ
ለወጋሪዎቼ ለሌሎች ለሌሎች
ካልሆኑ” - ዘጠኝ**

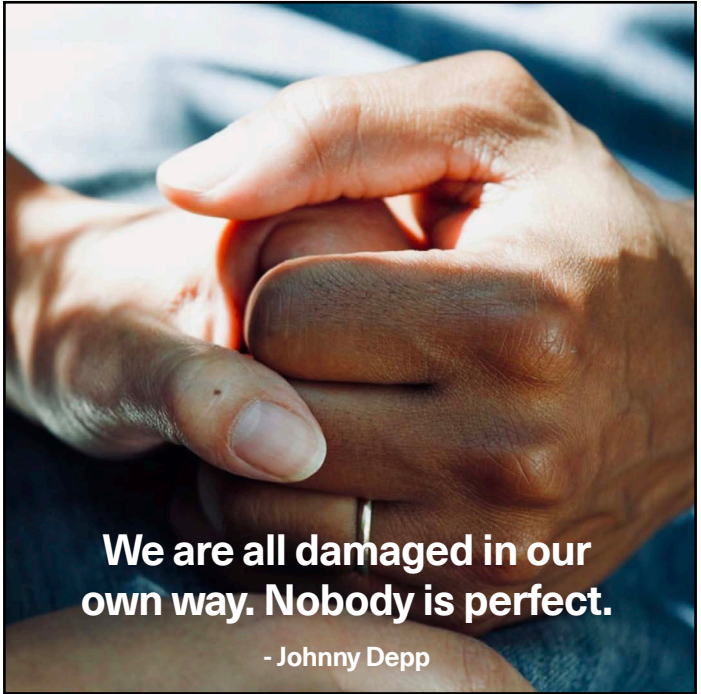


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**We are all damaged in our
own way. Nobody is perfect.**

- Johnny Depp

ᐅᑕᓐᑦᑦᑦᑕᑕ ᐃᑕᑦᑦᑦᑕᑕ
ᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ.

- ንፊ ᓃᐅ



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Advice from a tree:

- Stand tall and proud
- Go out on a limb
- Remember your roots
- Drink plenty of water
- Be content with your natural beauty
- Enjoy the view

ጥንቅቅና ጥንቅቅ

- ለጥንቅቅ ጥንቅቅ
- ለጥንቅቅ ጥንቅቅ
- ለጥንቅቅ ጥንቅቅ

ጥንቅቅ ጥንቅቅ

- ጥንቅቅ ጥንቅቅ
- ጥንቅቅ ጥንቅቅ
- ጥንቅቅ ጥንቅቅ



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**Men too, deserve to be spoiled,
told their efforts are appreciated,
and should also be made to feel
secure. If he treats you like a
Queen, treat him like a King.**



ᐅᐃᐅᐅᐅᐅᐅᐅᐅ, ᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱ, ᐅᐅᐅᐅᐅᐅᐅᐅᐅ
ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ, ᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱᐱ ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ
ᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ.
ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ, ᐅᐅᐅᐅᐅᐅᐅᐅ.

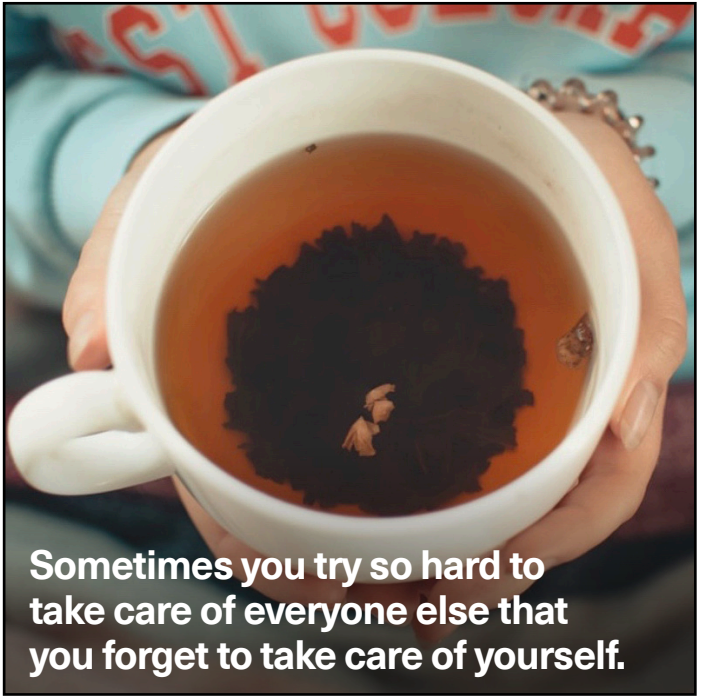


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**Sometimes you try so hard to
take care of everyone else that
you forget to take care of yourself.**

ᐱᕈᓂᓕ ᑲᓚᓕᑎᐱᑦᕈᐱᑲᐱᑦᓂᐅᓚᓕ ᐃᓚᓕ
>ᐃᓚᓕᑲᑲᑲᓕᑎᓕ ᑲᓚᓕᑎᐱᑲᐱᑦᕈᓂᓕ.



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Don't be afraid to use big words with little kids. If they can say Tyrannosaurus Rex... they can say anything!

▷ᄂ▷ᄃᄄᄅ ᄆᄇᄈᄉ ᄊᄋᄌᄍᄎᄏᄐᄑᄒ
ᄓᄔᄕᄖᄗ. ▷ᄘᄙᄚᄛᄜ Tyrannosaurus Rex...
ᄝᄞᄟᄠᄡᄢ ▷ᄣᄤᄥᄇᄈᄉ!



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**Write hard and clear
about what hurts.**

– Ernest Hemingway



**ᐱᕐᕈᕐᕐᕐᕐ ᕐᕐᕐᕐᕐᕐ ᐱᕐᕐ
ᕐᕐᕐᕐᕐᕐᕐᕐ ᐱᕐᕐᕐᕐᕐᕐᕐᕐ.**

– Ernest Hemingway



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Wake up.
Kick ass.
Repeat.



LRRC.

ᐃᑲᑲᑲ.

ᑕᐃᑲᑲᑲᑲ.



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Nothing is under control.



ԳՐՖԵՆՈՎԵՆՈՐ

ՎՃՐՎԱԿԱՆՆԵՐԻՉԵՆ

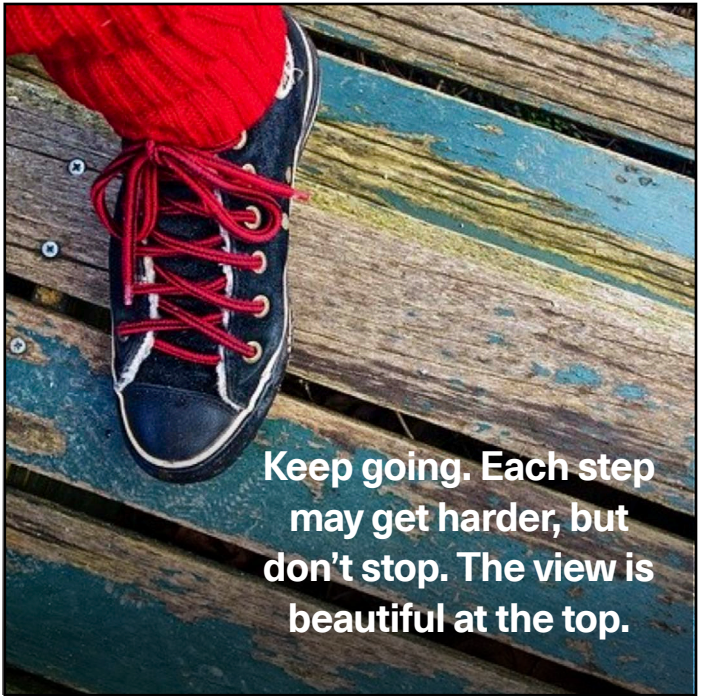


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**Keep going. Each step
may get harder, but
don't stop. The view is
beautiful at the top.**

ከተሰርገብሎቸው ይህን ዓይነት ስሜት ለማሳደግ
የሚችሉ ለሆኑ ሰዎች ለማድረግ ማድረግ
ሚቻል ነው። ለዚህ ምክንያት ለሆኑ ሰዎች ለማድረግ
ሚቻል ነው።



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Good people bring out the
good in other people.



ገሰገሳዎች ሌሎችን ገሰገሳዎች
በሌሎች ውስጥ ገሰገሳዎች.



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**It is not the strongest
of the species that
survive, nor the most
intelligent, but the
one most responsive
to change.**



ካሜሮን ማህሮጋኛ ስለሆነው፣ ልዩ ልዩ ሆኖ
ከሌሎች ማህሮጋኛዎች፣ ስለሆነው
ከሌሎች ማህሮጋኛዎች ጋር ለመኖር ስለሚችል ነው።



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The genius thing that
we did was, we
didn't give up...

- Jay-Z



ገረጋቸዮቹ ለጋራ ልማት ምክንያት፣
ካለፈው ዓመት ጀምሮ...

- ኃይለማርያም



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Today's Mantra:
"I am a superfly success machine."
Scream it now.



ᐃᑦᓗᐅᐃᑦᑲ ᐱᑦᓗᑦ:
“ᑲᑦᑦᑦᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦ”
ᑦᑦᑦᑦᑦᑦᑦᑦ ᐱᑦᑦ



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A taxidermy polar bear is mounted and standing upright in a museum or gallery setting. The bear's mouth is open, showing its teeth. To the right of the bear, there is a wooden door with a black square sign that says "NO FOOD OR DRINK" with a crossed-out fork and knife icon. The background shows museum lighting and a doorway.

It may look like I'm
having really deep
thoughts but 99%
of the time I'm just
thinking about what
food I'm going to
eat later.

ᐃᑕᐡᓂᓄᑕ ᐃᑕᑦᐅᐅᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕ
ᑕᑕᑕᑕ 99%-ᑕᑕᑕᑕ ᑕᑕᑕᑕ
ᓂᓂᓂᓂᓂᓂᓂᓂᓂ ᐃᐃᐃᐃᐃᐃ.



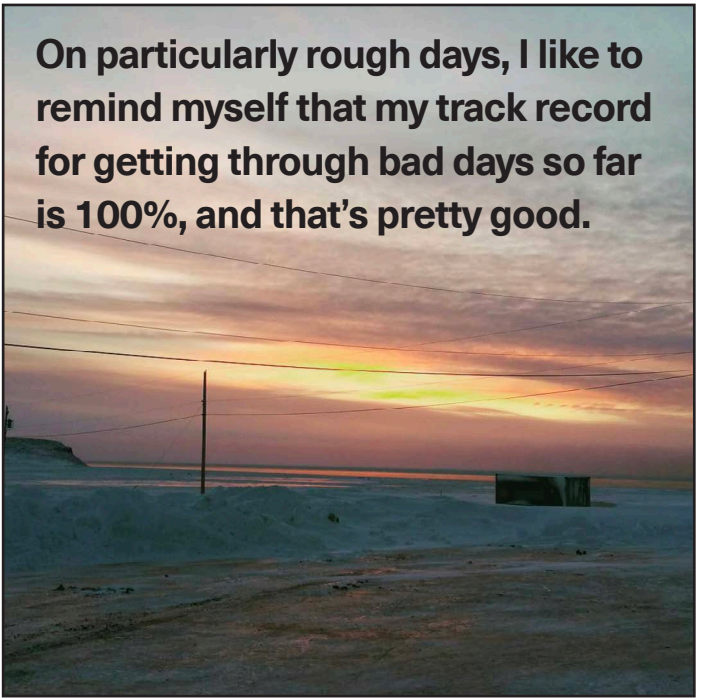
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On particularly rough days, I like to remind myself that my track record for getting through bad days so far is 100%, and that's pretty good.



◁C▷ᠢᠪᠢᠴᠣᠰ ᠳᠥᠵᠢᠷᠭᠦ, ᠳᠡᠮᠣᠰ
ᠳᠢᠪᠢᠳᠠᠨᠵᠤᠯᠢᠰᠢᠨ ᠳᠣᠵᠢᠨᠢᠯᠦᠰᠢᠴᠢᠪᠢ
᠕ᠳᠢᠷᠦᠴᠦᠳᠦ ᠳᠥᠵᠠᠳᠦ 100%, ᠢᠪᠢᠯ ᠴᠤᠯᠤᠰ ᠕ᠳᠢᠷᠢᠪᠢ.

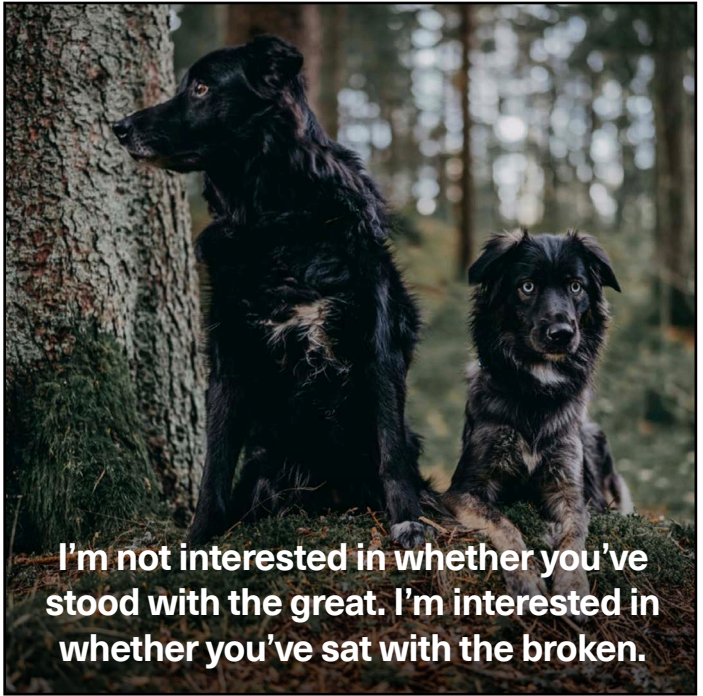


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I'm not interested in whether you've stood with the great. I'm interested in whether you've sat with the broken.

ኖጅጅጅጅጅጅጅ ጅጅጅጅጅጅጅጅጅጅ
ኖጅጅጅጅጅጅጅጅጅጅ. ኖጅጅጅጅጅጅጅ
ጅጅጅጅጅጅጅጅጅጅጅጅ ጅጅጅጅጅጅጅጅጅጅ.



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You are kind.
You are smart.
You are important.



ጋራ ገብሮች

ገራገሮች

ላላ ገራገሮች



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**When a negative thought enters
your mind, think 3 positive ones!
Train yourself to flip the script!**



ለግብርና ለሥራና ለሥራ ለሥራ
ለሥራና ለሥራና ለሥራ ለሥራና ለሥራና
ለሥራና ለሥራና ለሥራና ለሥራና ለሥራና



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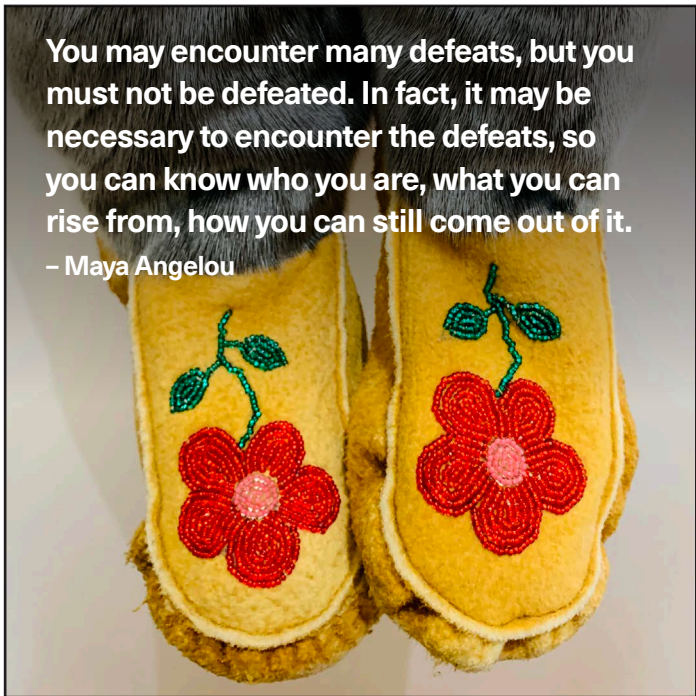
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You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.

- Maya Angelou



“ኢሜርባጋልዳዲላፍኤኮጋቦር ላገሎር ካርጋሪዳሪዳሪ፣
የሪላሪዳሪ ካርጋሪሲላፍኤኮርጋቦር. የሪላሪዳሪ፣
ካሜሲሲላፍኤኮሪላጋልዳዲላፍኤኮሪላፍኮር ካርጋሪዳሪዳሪ፣
ሊዎልገሪዳሪኤኮርቦር፣ ላሊ ፍኤጋልዳሪሲላገሪላፍኮርጋሪዳሪ።” - ሊላ፣ ላፍጋ



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**Conflict cannot survive when
only one person participates.**



ኖቤል ስሜት ለሌሎች ለማድረግ

ከሌሎች ጋር ለማሳተፍ ማለት ማለት

አይደለም ለሌሎች ለማድረግ።



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Courage, dear heart.

- C.S. Lewis

ԻԿՆՈՆ ԵԶՐԻԿԻՄԵՆԸ

- C.S. ԼԵՎԻՆ



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You can't calm the storm...
so stop trying. What you
can do is calm yourself.
The storm will pass.



ኅረርን ለማሸነፍ ስራን ለማድረግ
ኅረርን ለማሸነፍ... ርዕዮምን ማሸነፍ.
ኅረርን ለማሸነፍ ለማሸነፍ ማሸነፍ.



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There could come a time
 when you realize "I like the
 power my wounds give me."

ᐃᑭᑯᑦᑲᑯᑦ ᐃᑭᑯᑦᑲᑯᑦ ᐃᑭᑯᑦᑲᑯᑦ ᐃᑭᑯᑦᑲᑯᑦ

“ᐱᐃᑯᑦᑲᑯᑦ ᑦᑲᑯᑦᑲᑯᑦ ᐃᑭᑯᑦᑲᑯᑦ ᐃᑭᑯᑦᑲᑯᑦ”

ᐱᑯᑯᑦᑲᑯᑦ” - ᑲᑯᐃ ᑦᑲᑯᑦᑲᑯᑦ



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Anyone can show up when you're happy. But the ones who stay by your side when your heart falls apart, they are the true friends.

የደጋፊዎቹ ነፍሰዎቹንና ፍልገሳቸውን።

የሥራ ልዩ ነፍሰዎቹን

ጠቅላይነትን፣ ሥራዎቹን ለፍቅር።

->ሁሉም ግለሰብ



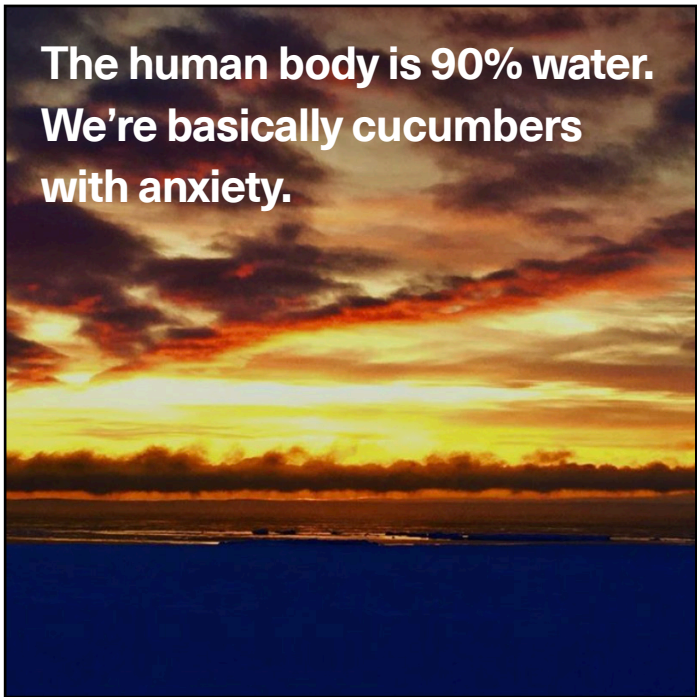
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**The human body is 90% water.
We're basically cucumbers
with anxiety.**



**ልቆኛ ቦፍህ 90%-ፍ ልፍጋዲኛ።
ዖጋቴሬጋልፎጋዲፍ ልፍፊጊቦኖፖጋራ።**



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Healing is not linear.



ለገዢዎች ጋር ለሥራው ጋር

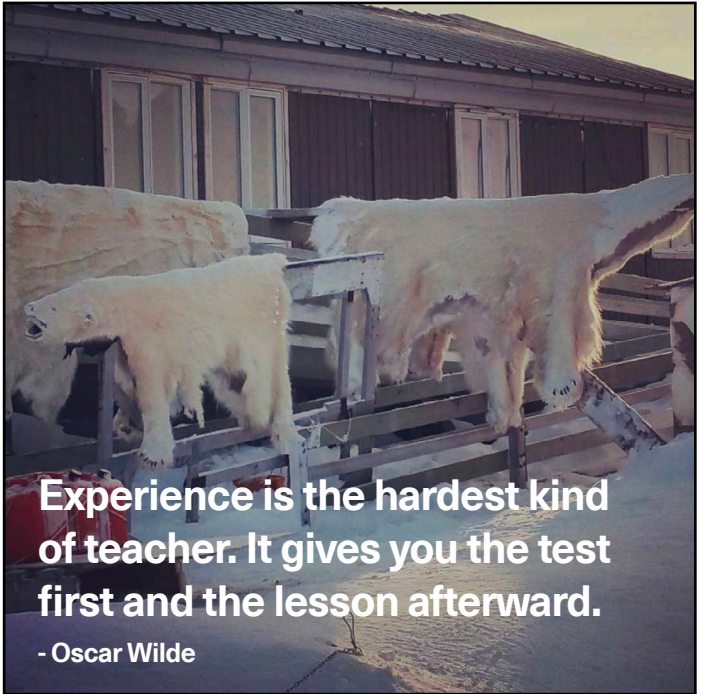


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Experience is the hardest kind
of teacher. It gives you the test
first and the lesson afterward.

- Oscar Wilde

ገጽ ፩ ለገጽ ፩ ለገጽ ፩
ገጽ ፩ ለገጽ ፩ ለገጽ ፩
ገጽ ፩ ለገጽ ፩ ለገጽ ፩
-ገጽ ፩ ለገጽ ፩



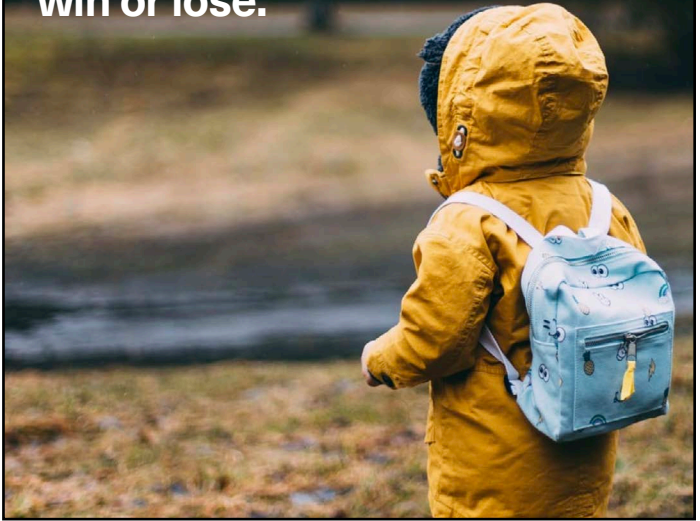
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**Help your children realize that
you love them whether they
win or lose.**



ᐃᑲᑦᑲᑦᑲᑦ ᑦᑲᑲᑦᑲᑦ ᐃᑲᑦᑲᑦᑲᑦ
ᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ
ᐃᑲᑦᑲᑦᑲᑦ ᑲᑦᑲᑦᑲᑦ.



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**Remember to take care of yourself.
Sometimes you get so busy taking
care of others that you forget that
you are important too.**



ልዩም ጋልጽክርክር ከሆነበላጽክርጋሆኑ።
ልረምከር ስራም ከሆነበላጽክር
ጋልጽክርጋል ለሌሊትሆነላጽክርጋሆኑ።



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**Sometimes we create our own
heartbreaks through expectation.**



Δῦσῶδες ἰδῶδες ἰσῶδες ἰσῶδες ἰσῶδες
σῶδες ἰσῶδες ἰσῶδες.

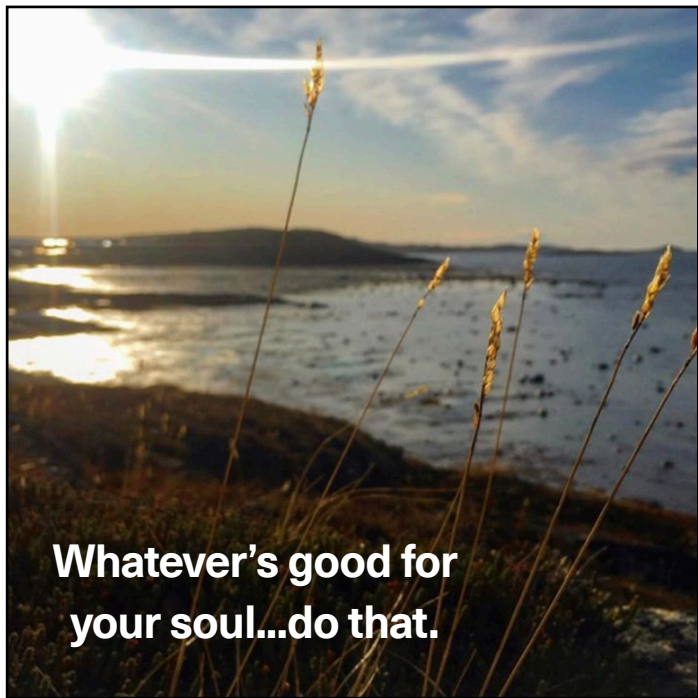


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**Whatever's good for
your soul...do that.**

ᑭᑭᑭᑭᑭᑭ ᑭᑭᑭᑭᑭᑭ ᑭᑭᑭᑭᑭᑭ...ᑭᑭᑭᑭᑭᑭ.



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**Don't forget that you're human.
It's okay to have a meltdown.
Just don't unpack and live there.
Cry it out and then refocus on
where you are headed.**



>ΔJ^{5b}CΔcΓ^c Δ_oΔ^oe▷₆Δ^c.
5_bΔ^oΓ^cΔ^{5b} 5_bΔJ^oσ_bΔ^oe5_bC^cΔ^o.
CΔbσΓ▷C^oΔ^cΔ^oe^oΔ^c. 5_pΔ_c▷^oΔ_o
Δ₄L C_d^oe^oΔ^cΔ^o Δ₁^oΔ^cΔ^cΔ_oΔ^c.



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**A person who feels appreciated will
always do more than what is expected.**



**የግብርናው ግብርናዎች የሚጠበቁትን
የሥራ ግብርናዎች ከሚጠበቁት ጋር
ማሳዘን ይቻላል።**



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Prove them wrong.



ጋላጭጭጭጭጭጭ ጋላጭጭጭጭጭጭ.



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**Dissatisfied people
change the world.**



ዕለኑን ለማለፍ ለሁሉም ግለሰቦች ግለሰብ ሆናለሁ።



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**If you want something you've
never had you have to do
something you've never done.**



ለረጊጭጥል ለገረገጥኛ ሆኖ ሆኖ.

ከጠላት ጋር ለኮሎኒያል

ከጠላት ጋር ለኮሎኒያል.



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I instantly realized that everything in my life that I'd thought was unfixable was totally fixable, except for having just jumped.

– Ken Baldwin,
Golden Gate Bridge jump survivor



ኖኔጋኔጋቦርጋኔጋኔ ጋጅኔ ልቆኔሪጋ
ገኔጋኔሪጋገኔጋኔጋኔ ገኔጋኔሪጋገኔጋኔጋኔ -
ገኔጋኔ ገኔጋ ኖጋኔጋገኔጋ

- ገኔጋ ገኔጋገኔጋ, Golden Gate Bridge ገኔጋገኔጋ ኖጋኔጋገኔጋ ገኔጋገኔጋ



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Be kind, for everyone you
meet is fighting a hard battle.

- Plato

דאָס איז אַ פּאַרטיקל, פּאַרטיקל און אַ פּאַרטיקל
אַ פּאַרטיקל און אַ פּאַרטיקל.

- אַ



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If you can't do anything about it,
then let it go. Don't be a prisoner
to things you can't change.



breathe

ኅይወጠርጋዲዲብክላጋጋ፣ ለገረገዳላታ።

ለገረገዳላታ ላይገዳዳዲብርቦ።



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**You did good...even if all you
managed to do today was just
keep your head above water.**



**Λϙ⋄ϑᵇᵇ⋄ϙϙ... ⋄ϙ⋄ϙ ϙ⋄ϑᵇ⋄ϙ
⋄ϙ⋄ϙ ϑᵇϙϙϙ⋄ϙϙϙϙᵇᵇᵇ⋄ϙ⋄ϙ⋄ϙϙᵇ.**



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To do list

1. Make vanilla pudding. Put in mayo jar. Eat in public.
2. Hire two private investigators. Get them to follow each other.
3. Wear shirt that says "Life." Hand out lemons on street corner.
4. Get into a crowded elevator and say, "I bet you're all wondering why I gathered you here today."
5. Major in philosophy. Ask people WHY they would like fries with that.
6. Run into a store, ask what year it is. When someone answers, yell "It worked!" and run out cheering.
7. Become a doctor. Change last name to Acula.
8. Change name to Simon. Speak in third person.
9. Buy a parrot. Teach the parrot to say "Help! I've been turned into a parrot."
10. Follow joggers around in your car blasting "Eye of the Tiger" for encouragement.

ክፍል 5 -

1. ዲሞክራሲያዊ ልማት ለማረጋገጥ ለሚያስፈልጉ ልማቶች ማግኘት።
2. ለዲሞክራሲያዊ ልማት ማረጋገጥ ለሚያስፈልጉ ልማቶች ማግኘት።
3. ለዲሞክራሲያዊ ልማት ማረጋገጥ ለሚያስፈልጉ ልማቶች ማግኘት።
4. ለዲሞክራሲያዊ ልማት ማረጋገጥ ለሚያስፈልጉ ልማቶች ማግኘት።
5. ለዲሞክራሲያዊ ልማት ማረጋገጥ ለሚያስፈልጉ ልማቶች ማግኘት።
6. ለዲሞክራሲያዊ ልማት ማረጋገጥ ለሚያስፈልጉ ልማቶች ማግኘት።
7. ለዲሞክራሲያዊ ልማት ማረጋገጥ ለሚያስፈልጉ ልማቶች ማግኘት።
8. ለዲሞክራሲያዊ ልማት ማረጋገጥ ለሚያስፈልጉ ልማቶች ማግኘት።
9. ለዲሞክራሲያዊ ልማት ማረጋገጥ ለሚያስፈልጉ ልማቶች ማግኘት።
10. ለዲሞክራሲያዊ ልማት ማረጋገጥ ለሚያስፈልጉ ልማቶች ማግኘት።



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