



It is easy to stick with what is safe and familiar. However, if we don't challenge ourselves, we don't grow and experience life fully. While everyday might be a stretch, I chose this quote because I find that when I challenge myself to do something scary, that afterwards I feel really alive and to feel that every day is my goal. I included a picture of a skyscraper and a rock-climber because I am very afraid of heights and this reminds me of this first time I went rock-climbing and how exciting and terrifying it was, but I was so glad I did it. I included the clock to remind myself that everyday passed is another opportunity missed if I don't take it. Safe and familiar is easy but not being truly alive.

Rock-climber photo credit:

https://upload.wikimedia.org/wikipedia/commons/e/e6/Kamar_Zard_Buzhan_-_Nishapur_1.jpg