

**Francesca  
D'Agostino**

**366  
Thoughts  
for a  
Different  
Year**

*Perpetual Diary  
of Wisdom*

The SeBookLine by Simonelli Editore

**SeBook**

***Special thanks  
to Laura, Kathleen & Nicola  
for helping me  
with the english translation***

# January

**1.**

*Every day has its source of life,  
breathe it and feed it.*

**2.**

*Eliminate anger from your life  
to make room for joy.*

**3.**

*Don't waste your energy on negative things,  
but use it to fulfil a dream and improve  
yourself.*

**4.**

*Hold your hands to feel that you are alive.*

**5.**

*If you believe in it,  
every dream comes true.*

**6.**

*The mind is the guide,  
show it the serene way.*

**7.**

*Don't turn around; don't glance  
at your future, but live today  
because now you are alive.*

**8.**

*Look at the world with love in your eyes  
and the world will be love.*

**9.**

*Don't neglect your inner self, stop and listen.*

**10.**

*Every day is an unique day  
which doesn't come back.*

**11.**

*If your soul asks for air, open your arms  
and wrap your friends in a warm embrace.*

**12.**

*Each word said with hatred causes darkness  
around you.*

### **13.**

*The light gives you energy, open the windows and let the sunlight come inside.*

### **14.**

*Listen to the silence, it brings you wisdom.*

### **15.**

*Only tomorrow you will be able to evaluate your actions.*

### **16.**

*The need sometimes doesn't stop if you don't satisfy it.*

### **17.**

*Don't increase your fears, they will crush you.*

**18.**

*Give a name and a face to your anxiety and you will know whom you're fighting against.*

**19.**

*The unknown scares, feed your knowledge.*

**20.**

*Conscience is not to hurt either others or yourself.*

**21.**

*Don't begin the day as you would begin a fight.*

**22.**

*Try not to say you are sorry, it will leave a scar forever.*

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# **SeBook**

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***Literature***

**«366 Thoughts for a Different Year»**  
**by Francesca D'Agostino**

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