

The background of the image is a photograph of a sunset over the ocean. The sky is filled with vibrant orange, red, and purple clouds, with the sun low on the horizon. The ocean is dark blue with white foam from the waves visible in the foreground. The quote is written in a white, sans-serif font, centered in the upper half of the image. The author's name is written in a white, cursive script, centered in the lower half of the image.

How would your life be
different if... you stopped
allowing other people to
dilute or poison your day with
their words or opinions?
Let today be the day you
stand strong in the truth of
your beauty and journey
through your day without
attachment to the validation
of others.

Steve Maraboli