

## **Transcript**

## **Start With Hope – Richard**

Richard:

Today, I'm a person that loves myself and is willing to pass that love on to other people through acts of hope. My goal is to pass that hope to them, and that's way different from the person I was years ago. Every time I wake up, it's a sense of gratitude. Each day I have fulfilment. I have purpose, and it's what drives me. I'm not here on this earth to please everyone. My purpose in life is to live my best life full of self-care, full of high self-esteem, self-confidence, and hope.

[End of Audio]

**Duration: 0:37**