

# *Discover Yourself*

*To be alive is to be a student in the school of life.*

**Today's action:**

*Write down what you learned today about your intentions and intuition.*

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**Today's Learning / Thoughts**

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### ***Maintain Positive Attitudes***

*If we go to the ocean with one bucket, the ocean will give us back one bucket of water. If we go to the ocean with ten buckets, the ocean will give us ten buckets of water.*

**Today’s action:**

*Think big and notice how big things come back to you.*

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**Today’s Learning / Thoughts**

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## *Hone Your Life Skills*

*The way we do anything is the way we do everything.*

**Today's action:**

*Whatever you do, do it well.*

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**Today's Learning / Thoughts**

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## ***Build Healthy Relationships***

*Like a candle that melts away under a hot flame, the ego melts away in the flame of unconditional love.*

### **Today's action:**

*Love someone unconditionally.*

*Overlook all of his or her shortcomings.*

*Whisper to him or her: "I love you because you are you."*

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### **Today's Learning / Thoughts**

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# *Awaken Your Spirituality*

*We all laugh and cry in the same language.*

**Today's action:**

*Reflect on how we all experience joy and pain  
to some degree in our lives.*

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**Today's Learning / Thoughts**

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# *Enjoy the Ride*

*Today is yesterday's tomorrow.*

**Today's action:**

*Do not procrastinate.  
Do what needs to be done now.*

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**Today's Learning / Thoughts**

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WEEK'S LEARNING / THOUGHTS

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