

Discover Yourself

Affirming our mission and vision makes them a reality waiting to happen.

Today's action:

*Affirm your mission and vision a few times today.
Tell yourself and someone close to you what you stand for
and what you want to accomplish.*

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Today's Learning / Thoughts

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Maintain Positive Attitudes

When we listen to backbiting, we are an accomplice of whoever is doing the backbiting.

Today's action:

Stay away from listening to backbiting.

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Today's Learning / Thoughts

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Hone Your Life Skills

Let us establish our priorities in life and ensure that time for them is not compromised.

Today's action:

Schedule time for attending to your priorities before making any new commitments.

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Today's Learning / Thoughts

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Build Healthy Relationships

Expression brings love to life.

Today's action:

Express your love for someone today. Write them a poem, buy them a gift, and tell them you love them.

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Today's Learning / Thoughts

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Let Ethics and Values Be Your Guide

For every lie we tell, we have to tell five more lies to cover it. And for every one of these five, we need to tell yet another five.

Today's action:

Speak nothing but the truth.

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Today's Learning / Thoughts

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Awaken Your Spirituality

*Ultimately we will all die and merge with God,
like a river merges with the ocean.*

Today's action:

Reflect on how raindrops merge with the river and the river merges with the ocean. Think about how you are linked to the whole human race and creation.

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Today's Learning / Thoughts

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Enjoy the Ride

There is no drawing from tomorrow, for tomorrow may never come.

Today's action:

Do today the important things that you had planned for tomorrow.

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Today's Learning / Thoughts

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WEEK'S LEARNING / THOUGHTS

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