

Discover Yourself

When we strip ourselves of all our possessions and worldly attachments, we begin to taste our true self.

Today's action:

Reflect on how you would define yourself if you didn't have any material possessions.

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Today's Learning / Thoughts

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Maintain Positive Attitudes

Our attitude toward others is a reflection of how we view ourselves.

Today's action:

Give people the benefit of the doubt and notice how you start giving yourself the benefit of the doubt too.

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Today's Learning / Thoughts

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Hone Your Life Skills

Focusing on the most important tasks of the day helps us steer away from doodling and daydreaming.

Today's action:

Identify your most important tasks for the day and stay focused on doing them.

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Today's Learning / Thoughts

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Build Healthy Relationships

*Communication has to be open to
be effective.*

Today's action:

*Openly communicate your feelings with those you care
about. Keep an open mind when
they communicate with you.*

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Today's Learning / Thoughts

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Let Ethics and Values Be Your Guide

*Words without deeds are just that;
the deeds matter.*

Today's action:

Back up your words with action.

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Today's Learning / Thoughts

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Awaken Your Spirituality

Meditation brings us back to our true nature. It frees us from our worldly thoughts.

Today’s action:

Meditate by sitting in a quiet place in a comfortable position without moving. Reflect on one thought only—it could be God or it could be the ocean or the purpose of your life.

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Today’s Learning / Thoughts

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Enjoy the Ride

We are given 86,400 seconds every day. This time may not be carried forward to the next day. Once the seconds are gone, they are gone forever.

Today's action:

Make the most of every second.

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Today's Learning / Thoughts

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