

Discover Yourself

*The purpose of life
is to have a life of purpose.*

Today's action:

Think about what your mission in life is. Read the mission statement that you drafted the previous week and see if it reflects how you want to ideally lead your life.

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Today's Learning / Thoughts

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Maintain Positive Attitudes

The clearer our vision, the better our chances of accomplishing it.

Today's action:

Define your vision. What are your goals in life? Start by considering what you would choose to have if you could have anything you wanted.

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Today's Learning / Thoughts

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Hone Your Life Skills

We have been given a finite amount of time on earth. The same twenty-four hours a day have been given to each one of us. How we spend our time, however, is our choice.

Today's action:

Focus your energies today on the things that you identify as important in life. Are these aligned to your mission?

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Today's Learning / Thoughts

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Build Healthy Relationships

A seed has the potential to become a tree, but it needs nourishment to realize its potential. Similarly, all relationships have the potential for growth but need nourishment.

Today's action:

Nourish your relationships by expressing love and appreciation to the people who are close to you.

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Today's Learning / Thoughts

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Let Ethics and Values Be Your Guide

Ethics and principles are our compass when we feel we have lost our way.

Today's action:

Turn to your mission if you are in doubt. Allow yourself to be guided by it.

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Today's Learning / Thoughts

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Awaken Your Spirituality

Spirituality is difficult to see with our eyes. We need to use our “inner eye” to experience spirituality.

Today’s action:

Reflect on what spirituality means to you.

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Today’s Learning / Thoughts

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Enjoy the Ride

If we wait for the perfect time to be happy, we will wait for a long time.

Today's action:

Be happy right now. Give away your anxieties. Bury your worries in the sand.

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Today's Learning / Thoughts

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WEEK'S LEARNING / THOUGHTS

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