

Discover Yourself

Deep within the ocean of our being lie the pearls of self-actualization.

Today's action:

Take a swim in the ocean of your being. Reflect on how the potential for self-actualization lies within you.

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Today's Learning / Thoughts

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Maintain Positive Attitudes

When we believe in something, we manifest it in our lives.

Today's action:

*Believe that you can do anything you want,
and stay fired up!*

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Today's Learning / Thoughts

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Hone Your Life Skills

Let us use our most productive time to do our most important work.

Today's action:

Schedule your most important work for your most productive time.

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Today's Learning / Thoughts

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Build Healthy Relationships

The quality of our listening is an integral part of effective communication.

Today's action:

Be an active listener. Try repeating what someone tells you in order to make sure you have correctly heard what he or she said.

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Today's Learning / Thoughts

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Let Ethics and Values Be Your Guide

*Our compass to success is our conscience.
Let that inner compass be our true guide.*

Today's action:

*Read and reflect on your mission statement. Make sure you
are connected to your inner compass.*

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Today's Learning / Thoughts

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Awaken Your Spirituality

Suffering enhances our being, just as henna gives color after being grounded.

Today's action:

Today, reflect on your troubles and sorrows and see how they enhance your capacity to endure, to give, and to understand others.

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Today's Learning / Thoughts

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Enjoy the Ride

When we are grateful for what we have, our day becomes positive.

Today's action:

*Begin your day with a prayer of gratitude.
Give thanks for what you have.*

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Today's Learning / Thoughts

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WEEK'S LEARNING / THOUGHTS

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