

*You have read the reflections for the day and done 25 weeks of daily action items. Congratulations! This week is devoted to reviewing the key messages in each of the seven steps you have covered so far.*

## ***Discover Yourself***

- *True balance is achieved when you do not compromise your mission in the pursuit of your vision.*
- *Observation, reflection, and journal writing can enhance knowledge of self.*
- *You are the master of your choices and destiny.*
- *Courage lies not in never failing, but in rising after every failure.*
- *Awareness of your shortcomings is half the solution to your problems.*
- *Deep within you are the pearls of self-actualization.*
- *Silence and solitude help you to know yourself.*
- *The buck stops with you. Take responsibility for your life.*
- *You are far more than you think you are. Explore yourself.*
- *Clarity of vision and mission is essential for succes and happiness.*

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

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## ***Maintain Positive Attitudes***

- *Turn your sorrows into opportunities.*
- *Failures are stepping stones to success.*
- *Be non-judgmental.*
- *Take responsibility for your happiness. Don't pass the buck.*
- *The more you focus on changing yourself, the less you'll have the need to change others.*
- *Count your blessings and watch them multiply. We all have priceless gifts.*
- *Believe and act out your dream. By so doing, you manifest it in your life.*

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

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## ***Hone Your Life Skills***

- *Less is more.*
- *Schedule time for the important stuff.*
- *Stay in the big picture. It helps you to remain balanced.*
- *Look at life as a whole, not in isolated parts.*
- *Be a good leader and catch people doing things right.*
- *Learn to say “No” to things that are not important.*
- *Our responsibilities extend beyond ourselves.*
- *Empower others, do not overpower them.*
- *Put a high value on your time.*
- *Plan and use your most productive time to do your most important work.*

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

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## ***Build Healthy Relationships***

- *Share your joys and sorrows.*
- *It is okay to be different.*
- *When your relationships are sound, problems are easy to handle.*
- *No one is perfect.*
- *Nurture your children.*
- *Have a serving heart.*
- *Relationships are more important than the clock.*
- *Communicate lovingly and effectively.*
- *We learn the meaning of diversity from people who live around us.*
- *We all have unique strengths.*
- *Embrace a deeper spiritual loving.*
- *Be an active listener.*

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

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## *Let Ethics and Values Be Your Guide*

- *Know your frailties and work on them.*
- *The distinction between right and wrong is not always easy. This is where pure intentions help.*
- *Keep your conscience clean and tidy.*
- *Experience the joy of giving.*
- *Be environmentally friendly.*
- *The time is always right to do the right thing.*
- *To achieve happiness, give happiness.*
- *Listen to the tapping of your conscience.*
- *Emulate the flower that shares its perfume with everyone.*
- *When you are a true giver, your joy is in the giving.*
- *Remain ethical in situations where you are most prone to falter.*
- *Ethics and principles are the ground on which we stand.*

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

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## *Awaken Your Spirituality*

- *Have faith in God on the flight of life.*
- *Contemplate nature; therein lies wisdom.*
- *When one door closes, many others open. Focus on the doors opening.*
- *The deeper our sorrow, the deeper our joy.*
- *Divinity is inside you. Take a journey within through meditation.*
- *By stripping away layers of conditioning, we open the door to enlightenment.*
- *Suffering strengthens your being.*
- *Materialism is like a mirage, alluring but elusive.*
- *Expressing gratitude is a beautiful prayer.*

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

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## *Enjoy the Ride*

- *Make your vocation rewarding and enjoyable.*
- *Your life is unfolding each moment – cherish it!*
- *Notice the extraordinary in the ordinary.*
- *Overcome inertia.*
- *This day will never return. Use it wisely.*
- *Happiness is a state of being, not of doing.*
- *The perfect time to be happy is now.*
- *Focus all your faculties on the task at hand.*
- *Make the choice to be happy, whatever your situation.*
- *Slow down and smell the roses.*
- *What matters is the moment now.*
- *Real happiness comes from everyday living.*
- *You are in the right place and right time at every moment.*
- *Have no regrets about yesterday or fears of tomorrow.*

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

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WEEK'S LEARNING / THOUGHTS

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