

# *Discover Yourself*

*When we are centered, we know what is right.*

**Today's action:**

*Let the center in you guide you through the day.*

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**Today's Learning / Thoughts**

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## *Maintain Positive Attitudes*

*There are many different perspectives in life.*

**Today's action:**

*Keep an open mind and learn from different viewpoints.*

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**Today's Learning / Thoughts**

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## *Hone Your Life Skills*

*Work can be an opportunity to grow personally and spiritually.*

**Today's action:**

*Devise strategies for personal and spiritual growth in your work place.*

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**Today's Learning / Thoughts**

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## ***Build Healthy Relationships***

*The most important gift we can give our loved ones is our time.*

**Today's action:**

*Give time and attention to someone you care about.*

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**Today's Learning / Thoughts**

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## *Let Ethics and Values Be Your Guide*

*Faith is an all-encompassing value;  
it permeates all aspects of our lives.*

**Today's action:**

*Demonstrate your faith and apply your  
values in everything you do.*

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**Today's Learning / Thoughts**

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## *Awaken Your Spirituality*

*Just as the owl cannot decipher light, so also we cannot understand the meaning behind all suffering.*

**Today's action:**

*Trust that there is some beauty and value in your difficulties and suffering, even though you cannot see it.*

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**Today's Learning / Thoughts**

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## *Enjoy the Ride*

*Let us go with the flow  
and feel the beauty of living.*

**Today's action:**

*Write down some wonderful experiences you have today  
from going with the flow.*

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**Today's Learning / Thoughts**

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WEEK'S LEARNING / THOUGHTS

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