

## *Discover Yourself*

*We can gain new insights about ourselves through having discussions with close ones.*

### **Today's action:**

*Discuss with your partner or close friend your attempts to bridge the gap between your mission and behavior.*

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

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## *Maintain Positive Attitudes*

*We always win when we do our best.*

**Today's action:**

*Put winning and losing into perspective. Focus on doing your best.*

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**Today's Learning / Thoughts**

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## *Hone Your Life Skills*

*If we go the extra mile,  
the road will be clearer.*

**Today's action:**

*Go an inch further in everything you do.*

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**Today's Learning / Thoughts**

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## ***Build Healthy Relationships***

*Our actions and body language often communicate far more than our words do. Remember, it is the feeling you display that counts.*

### **Today's action:**

*Put feeling in your words to your family and close ones.*

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

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***Let Ethics and Values Be Your Guide***

*Every journey begins with a thought that shapes its course.*

**Today's action:**

*Have good and noble thoughts that sow the seeds for action to follow.*

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**Today's Learning / Thoughts**

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# *Awaken Your Spirituality*

*We can learn to give through  
contemplating nature.*

**Today's action:**

*As the sun gives light to the universe, show the light of your  
kindness and wisdom to all who cross your path today.*

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**Today's Learning / Thoughts**

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## *Enjoy the Ride*

*Let us add life to our years,  
not years to our life.*

### **Today's action:**

*Remember, it doesn't matter how old you are. Act as if you are youthful, and fill your day with excitement and laughter.*

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

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WEEK'S LEARNING / THOUGHTS

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