

## *Discover Yourself*

*The more authentically we live our lives, the closer we get to our true selves.*

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

*Live an exemplary day. Be guided from within and not from external forces. Be a model for your children, spouse, and colleagues.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

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

.....

.....

.....

.....

.....

.....

## *Maintain Positive Attitudes*

*Growth and excitement are byproducts of struggles and challenges.*

**Today's action:**

*Reflect on what your life would be like without struggles and challenges.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Today's Learning / Thoughts**

.....

.....

.....

.....

.....

.....

## *Hone Your Life Skills*

*Drawing the best out of everyone, including ourselves, is the essence of leadership.*

**Today's action:**

*Draw the best out of those around you by believing in them and focusing on their good qualities.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Today's Learning / Thoughts**

.....

.....

.....

.....

.....

.....

## ***Build Healthy Relationships***

*Having a reassuring touch and genuine caring are important ingredients in building healthy relationships.*

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

*Practice the gentle arts of the reassuring touch and genuine caring with those you care about.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

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

.....

.....

.....

.....

.....

.....



# *Awaken Your Spirituality*

*Nature is glorious.*

**Today's action:**

*Watch a bird fly and imagine what it would be like to be a bird for one day. Experience the freedom and see how liberating it is.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Today's Learning / Thoughts**

.....

.....

.....

.....

.....

.....

.....

## *Enjoy the Ride*

*To make the most of today, let us be conscious of what we are doing. When we do that, we are fully alert and productive.*

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

*Stop several times today and ask yourself whether you are fully aware of what is happening inside you and around you.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

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

.....

.....

.....

.....

.....

.....

WEEK'S LEARNING / THOUGHTS

A large rectangular area with a black border, containing 25 horizontal dotted lines for writing.