

Discover Yourself

Every choice we make shapes our destiny.

Today's action:

Make choices that are aligned to the destiny you are aspiring to.

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Today's Learning / Thoughts

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Maintain Positive Attitudes

All limits are set in the mind.

Today's action:

Reserve a quiet time today to exercise your imagination and visualize what you want in life. Choose a time and place where there are no interruptions or distractions.

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Today's Learning / Thoughts

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Hone Your Life Skills

If we try to do too much, our priorities become jumbled. This can lead to frustration and unhappiness. Remember, if we have too many priorities, we have no priorities.

Today's action:

Choose your top two or three priorities for today and stick to them.

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Today's Learning / Thoughts

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Build Healthy Relationships

We are given two eyes, two ears, and one tongue. Therefore, see twice, listen twice, and speak once—and do so lovingly. In this way we can build healthy relationships.

Today’s action:

Try to listen and see twice as much as you speak. Notice how doing so makes your communication effective.

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Today’s Learning / Thoughts

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Let Ethics and Values Be Your Guide

Experiencing happiness from the success of others is a great accomplishment.

Today's action:

Feel happy about the success of others.

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Today's Learning / Thoughts

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Awaken Your Spirituality

Just as the fragrance in a flower, though unseen, exists, so too does the soul in the body.

Today's action:

List other things you cannot see but know exist.

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Today's Learning / Thoughts

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WEEK'S LEARNING / THOUGHTS

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