

Discover Yourself

The clearer and more consistent our mission and vision, the better our chances for success.

Today's action:

Make sure your blueprint is clear and internalized. Do not give mixed messages to the universe of how you want to live your life and what you want.

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Today's Learning / Thoughts

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Maintain Positive Attitudes

When we make a difference in the lives of others, we find happiness.

Today's action:

Do something that makes a positive difference in someone else's life.

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Today's Learning / Thoughts

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Hone Your Life Skills

Sometimes the unexpected can yield opportunity.

Today's action:

Allow some flexibility in your planning process to incorporate unexpected opportunities.

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Today's Learning / Thoughts

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Build Healthy Relationships

When we listen actively, we listen with the sole purpose of understanding the other person; it means listening with our heart, eyes, and ears and with undivided attention.

Today's action:

When someone is speaking with you, have a steady focus and genuine interest in what is being said and in the person who is speaking.

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Today's Learning / Thoughts

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Let Ethics and Values Be Your Guide

Our richness is defined not in how much we have, but in how much we give.

Today's action:

Give of your time, knowledge, wealth, and good wishes to someone or some good cause.

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Today's Learning / Thoughts

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Enjoy the Ride

We can connect with our spirit and feel its eternal presence when we avoid too much activity and remain silent.

Today's action:

Do fewer activities today. Invite silence and inactivity.

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Today's Learning / Thoughts

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WEEK'S LEARNING / THOUGHTS

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