

Discover Yourself

Awareness promotes understanding.

Today's action:

Be an objective observer, and reflect on why you may be making choices that are not consistent with your mission.

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Today's Learning / Thoughts

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Maintain Positive Attitudes

We often fear our successes more than we fear our failures. We fear our power, not lack thereof.

Today's action:

Be fearless and act fearlessly. Shoot for the stars.

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Today's Learning / Thoughts

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Hone Your Life Skills

A balanced person is like a car whose four wheels (spirituality, physical health, mental fitness and social and economic well-being) are well-aligned.

Today's action:

Plan your day so that you have time for your spirituality, physical health, mental development, and social and economic well-being.

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Today's Learning / Thoughts

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Build Healthy Relationships

If we must break ties with someone, we should do it with dignity and honor.

Today's action:

If you have broken ties with someone, try not to hold a grudge or ill will toward that person.

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Today's Learning / Thoughts

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Let Ethics and Values Be Your Guide

Just as water purifies the body, good deeds and prayers purify the soul.

Today's action:

While drinking water or taking a bath, remember this analogy and during the day perform a good deed or say a small prayer for the soul.

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Today's Learning / Thoughts

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Awaken Your Spirituality

We should not squeeze spirituality into our lives. Instead, we should endeavor to make spirituality the centerpiece around which everything in our lives revolves.

Today's action:

Live a spiritual day. Schedule your prayers and good deeds at the beginning of the day.

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Today's Learning / Thoughts

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Enjoy the Ride

We are lovable the way we are.

Today's action:

Be yourself and feel loved because you are you.

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Today's Learning / Thoughts

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WEEK'S LEARNING / THOUGHTS

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