

## *Discover Yourself*

*“He who knows himself knows God.”*  
*(A Sufi saying.)*

### **Today’s action:**

*Spend time today contemplating your self. Notice what a marvelous creation you are.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

### **Today’s Learning / Thoughts**

.....

.....

.....

.....

.....

.....

## *Maintain Positive Attitudes*

*Trust in the good, even in seemingly bad situations.*

**Today's action:**

*Explore what good may come out of seemingly bad situations.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Today's Learning / Thoughts**

.....

.....

.....

.....

.....

.....

## *Hone Your Life Skills*

*The human body is a complex mechanism that requires great care and nourishment. Our health affects all the other areas of our lives.*

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

*Start nourishing your body with the invaluable ingredients of fresh air and water. Top this off with a brisk walk or other exercise.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

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

.....

.....

.....

.....

.....

.....

## ***Build Healthy Relationships***

*Active listening is about giving other people the space to speak and to be heard.*

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

*Give someone you care about space to speak and be heard.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

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

.....

.....

.....

.....

.....

.....

*Let Ethics and Values Be Your Guide*

*Keeping small promises builds trust in a relationship.*

**Today's action:**

*Keep your word.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Today's Learning / Thoughts**

.....

.....

.....

.....

.....

.....



## *Enjoy the Ride*

*Communicating with nature makes us feel  
attuned with it.*

**Today's action:**

*Try saying hello to the moon or waving at the trees today.  
Believe you are connecting at a deep level.  
(Do not worry if it seems strange or goofy.)*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Today's Learning / Thoughts**

.....

.....

.....

.....

.....

.....

