

# *Discover Yourself*

*As we choose, so we are.*

## **Today's action:**

*Make wise choices today. Reflect on your intentions behind your choices.*

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

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***Maintain Positive Attitudes***

*We are in the right place at the right time every time. See how this attitude creates positive results.*

**Today's action:**

*Make your circumstances and surroundings a springboard for your success.*

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**Today's Learning / Thoughts**

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## *Hone Your Life Skills*

*Our fitness program can be as aggressive or as mild as we choose, provided we can sustain it and keep the other areas of our life in balance at the same time.*

**Today's action:**

*Decide on and begin a health program that works for you.*

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**Today's Learning / Thoughts**

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## ***Build Healthy Relationships***

*When we have healthy relationships filled with love, respect, and dialogue, we can experience abounding happiness.*

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

*Work on communicating lovingly and effectively by keeping an open mind and showing love and respect for close ones.*

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

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*Let Ethics and Values Be Your Guide*

*It takes a long time to earn credibility, but a short time to lose it.*

**Today's action:**

*Let your actions, speech, and behavior reflect your true values and ethics.*

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**Today's Learning / Thoughts**

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## *Awaken Your Spirituality*

*Reflect on how sadness and happiness go hand in hand.*

**Today's action:**

*Reflect on how after every freezing winter there comes a warm and golden summer.*

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**Today's Learning / Thoughts**

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## *Enjoy the Ride*

*Let us be open to accepting our shortcomings. No one is perfect except God.*

**Today's action:**

*Accept yourself the way you are with all of your shortcomings.*

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**Today's Learning / Thoughts**

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WEEK'S LEARNING / THOUGHTS

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