

Discover Yourself

The hardest thing in life is becoming the authentic you.

Today's action:

Be as natural and spontaneous as you can. Be guided from within, and discover the beauty within.

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Today's Learning / Thoughts

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Maintain Positive Attitudes

Humility is a sign of maturity and substance.

Today's action:

Display positive pride. Marry this positive attitude with humility.

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Today's Learning / Thoughts

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Hone Your Life Skills

To take pride in our work we need to have an intense interest in what we do.

Today's action:

Evaluate how you feel about your work. Make sure your heart is in whatever you are doing.

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Today's Learning / Thoughts

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Build Healthy Relationships

If we do not schedule time for our loved ones, there will be none. Lack of spending time together adversely affects the quality of our relationships.

Today's action:

Schedule time for doing some fun stuff with close ones.

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Today's Learning / Thoughts

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Let Ethics and Values Be Your Guide

Why and how we do something is just as important as what we do.

Today's action:

Marry your actions with your intentions and your passion.

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Today's Learning / Thoughts

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Awaken Your Spirituality

Daily prayer gives us strength, solace, comfort, and courage.

Today's action:

Say your daily prayer in any form that you are comfortable with. It is the feeling that matters, not the words.

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Today's Learning / Thoughts

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Enjoy the Ride

We have everything we will ever need to be happy. Let us not postpone our happiness.

Today's action:

Live today as if you had lost everything you owned - then suddenly got it back.

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Today's Learning / Thoughts

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WEEK'S LEARNING / THOUGHTS

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