

Discover Yourself

Having a mission brings clarity to our decision-making.

Today's action:

Reflect on how your mission statement guides you in your decision-making.

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Today's Learning / Thoughts

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Hone Your Life Skills

Forming a habit of saving is important. Ideally, at least ten percent of our income should be put away by means of forced savings.

Today's action:

Set up an automatic ten percent savings plan. The best way to do this is to have that amount automatically deducted and put into savings before you even see the money.

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Today's Learning / Thoughts

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Build Healthy Relationships

Often, our failure to communicate in close relationships is not because of a lack of desire, but because of too many commitments that get in the way.

Today's action:

Cut down on some of your less important activities to make time for communication with loved ones.

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Today's Learning / Thoughts

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Let Ethics and Values Be Your Guide

The more of ourselves we share, the more of ourselves we find.

Today's action:

Share with others, and notice how the more you give, the more you have.

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Today's Learning / Thoughts

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Awaken Your Spirituality

*As we live in harmony with our glorious earth,
we become its happy inhabitants.*

Today’s action:

*Today, feel the oneness of living in harmony with the earth.
Be environmentally friendly; reflect on the role the earth
plays in your survival.*

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Today’s Learning / Thoughts

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