

Intentions:

- What are 3 positive intentions you have for yourself?

Gratitude:

- What are you grateful for?
- Keep a gratitude journal to describe what you are grateful for each day.
- Write down at least three items each day that you are grateful for.

Thoughts:

- What are 3 positive thoughts that you can go to when you need one?
- When you think negative thoughts about the past, it causes to depression.
- When you have negative thoughts about the future, it causes anxiety.
- Do you control you thoughts or do your thoughts control you?
- You can reshape your thinking so that you never have to think in negatives again. You and only you choose your thoughts.
- You are always a **valuable, worthwhile human being** - not because anybody else says so, not because you're making lots of money – but because you decide to know it.
- The state of your life is nothing more than the state of your mind.
- Be patient and loving with every fearful thought. Practice observing your fears as a witness, and you'll see them dissolve.
- Most people are searching for happiness outside themselves. That is a fundamental mistake, Happiness is something that you ARE and it comes from the way you think.
- No one can create negativity or stress within you. Only you can do that by virtue of how you process your worls.

I create my Reality with my thoughts:

- You can create your own thoughts
- Your thoughts create your intentions
- Your Intentions create your reality
- There are two ways to look at virtually anything, One is the violent way, and one is the peaceful way.

Choice:

- The choice is up to you. It can either be “Good morning, God!” or “Good God – Morning!”
- Stop focusing on what you do not have, and shift your consciousness to an appreciation for all that you are and all that you do have.
- You control your emotions, you do not have to explode with anger whenever someone else decides to behave in an angry or vindictive way.

- Throughout life, the two most **ineffective** emotions are **guilt** for what has been done, and **worry** about what might be done.
- Anything that bothers you is only a problem within. Only you can experience it, and only you can **correct it**.
- You are always a valuable, worthwhile human being - not because anybody else says so, not because you're making lots of money – but because you **decide** to know it.

Do you focus on what's really important in life?

- Quality vs. appearances
- Ethics vs. rules
- Integrity vs. domination
- Knowledge vs. achievement
- Serenity vs acquisition (possession)

Peace:

- When you acquire enough inner peace and feel really positive about yourself, It's almost impossible for you to be controlled and manipulated by anybody else.
- Happiness, fulfillment, and purpose in life are all inner concepts. If you don't have inner peace and serenity, then you have nothing.
- Once you have learned to experience inner peace, you have a special retreat within that is always with you.
- If you surround yourself with people who have peace, then you have a peaceful world.
- One of the highest places you can get to is to be independent of the good opinions of other people.
- Authentic empowerment is knowing that you are on purpose, doing what you are intended to do.
- When you are at peace with yourself and love yourself, it is virtually impossible to be self-destructive.
- Go within to the peaceful solitude of you mind. It is there that you will find peace.
- You are always alone, but you are only alone if you don't like the person you are alone with.
- A mind at peace, a mind focused on not harming others, is stronger than any physical force in the universe.
- Being relaxed, at peace with yourself, confident, emotionally neutral, loose, and free floating - These are the keys to successful performance in almost everything you do.
- No one can depress you. No one can make you anxious. No one can hurt your feelings. No one can make you anything other than what you allow inside.
- You can't go around being what everyone wants you to be, living your life through other people's rules, and expect to be happy and have inner peace.

Knowing:



- Don't equate your self-worth with how well you do things in life. You aren't what you do. If you are what you do, then when you don't, you aren't.
- Your joy is divine, and so is your suffering. There is so much to be learned from both.
- If you meet someone whose inner self is not aligned with yours, send them love and move along.
- Each experience in your life was absolutely necessary in order to have gotten you to the next place, and the next, up until this very moment.
- You are always a valuable, worthwhile human being - not because anybody else says so, not because you're making lots of money – but because you decide to **know it**.