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 depression.
- When you have negative thoughts about the future, it causes anxiety.
- Do you control your 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 words.

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.

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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 te 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.