



Believe

in

You

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Our thoughts direct our destiny.

Instead of being slaves to the information that bombards us from outside on a daily basis, we can fill our minds with ideas and principles that inspire us to achieve what we most desire.

We can feed our minds daily with what we would one day like to be to make it our reality, instead of no more than a dream.





B e

E nergize

L earn

I nitiate

E mbrace

V isualize

E mbody





Be

I am the best possible me I can possibly be.

Rather than follow blindly in another's footsteps, I consider all my options and then take my own path.

I take one step at a time day after day to reach my goals and objectives. I adhere to my own principles and ideals to reach my heart's desire.





Energize

I energize my mind, body, and spirit.

I take time daily to feed myself with positive thought and action.

I realize my body is perfect in its own imperfection, and the response to any malady, whether it be physical or mental, resides inside of me.





Learn

I learn from everything.

I take each little thing that happens to me and learn from it. I become more humble from my defeats and more grateful from my successes.

No matter how much I learn, I realize there is always something new I can discover.





Initiate

I bring about positive action.

Ideas are a dime a dozen.

Greatness does not come from having a good idea, but rather from having the courage to act upon it.

I do each day what must be done, to get to where I want to be. I speak little of what I might one day do, and instead, do it little by little.





Embrace

I embrace change.

**I look forward to each day
and the challenges it brings.**

**Life is not a spectacle to be
observed from afar, rather a
reality to be lived from
within.**

**I am sure the ebb and flow of
life's mystery will continue
on long after the day I am
gone.**





Visualize

I visualize peace.

I maintain an internal locus of control and focus on being of service to others in my chosen profession.

I know that when I give the best of myself, I am more likely to receive the best from others to bring peace and harmony to my surroundings.





Embody

I embody hope and love.

I have hope for a better way of living. I realize love is the answer to many of our troubles.

Instead of reacting impulsively to others, I do my best to put myself in their shoes, knowing that with their experience, I would feel as they do.

