

Today

Be open to the joyful possibilities today.

Be optimistic about life.

Choose love instead of fear.

Give yourself permission to feel wonderful.

Try a little more enthusiasm in all you do.

Be alert to fresh new opportunities for change.

Be in control of your thoughts and emotions.

Meet challenges with calm and composure.

Meet the unknown as a chance to learn.

Take risks by expressing your own ideas.

Take charge of situations confidently.

Think of loving things to say and to do.

Be a witness for truth in all you say and do.

Above all be honest with yourself.

Believe in yourself.

Be yourself.

Remember, "An ounce of pretension is worth a pound of manure."

Be tolerant of others and be tolerant of yourself.

No one can hurt you unless you give them permission.

"To err is human, to forgive is divine."

Value the opinions of others, but, also value your own.

Accept constructive criticism with appreciation.

Accept compliments with a, "Thank you."

All of life is a preparation for something better.

Have a great day !