

Love like You Mean It!

Life is about love: love yourself, love God, love, and serve others.

Love is the perfect antidote for your life.

Be grateful

No matter what is happening **be grateful** and think on purpose that everything that is happening in your life fulfills the divine and spectacular purpose that life has for you.

Something unique, positive is coming towards your life.

Make it a priority!

Make your world one where **prayer and positive meditation** is part of your reality.

Acceptance!

We were born sentenced to earthly death; it would be a mistake not to live aware that one day would come. **Recognize** that eternity exists, think more about it, take care of it.

Life on earth is a test of your eternal life.

Acknowledge your emotions

Embrace your emotions, validate them, express them and no minimize the situation or your feelings.

If you don't do it, they will start growing like a virus inside you.

Don't get defensive with yourself, but give yourself permission to cry, and grief and accept a good level of oxytocin.

Attitude is everything!

Courage is not the absence of fear.

So, act with courage, the courage to dream, to face fear, to move only forward, to silence any inside limited voice that tells you won't make it, and

courage to say NO! And courage to say YES!

Persevere until you reach your goals no matter the obstacles and setbacks.

Your body is a temple

Treated with love and respect; exercise and take care of your body **every day**.

Move, Dance, Sweat, and Smile.

Take care of your face; always wear sunscreen and drink water.

Take care of your eyes; these are the window of your body.

Learn something new every day

Learning is power, and reading is living! What is eaten, what is lived and learned no one ever takes it away from you.

Be Responsible!

Know your past and live your present in a state of optimism for your future. Don't blame anyone, be responsible for your actions. Not because the reason is real, the excuse is right.

Recognize that **excuses say something about you**.

Never stop growing

Always reach **your potential**; it is always hidden. It is never finished. Feel free to make mistakes realizing that they are lessons learned and the best feedback that you will have to conquer your next step.

The greatest enemy of your progress is your last success

Write it down, make it clear, read it, put a date, and now make it happen.

We all have a purpose

If you are not advancing, you are not living in your purpose.

Don't compare your present with your past as oppose to compare your present with your potential; your potential is the "you" nobody knows.

Be Quality, Be Agile

Think before you speak! Respond with wisdom and adjust if necessary.

Have fun!!

This is a journey, not a sprint.