

Guiding your mind to a higher degree is not always easy to do
But if you try to, the POWER's inside you
If you can command it then nothing can stand in Your way.

The Force Within

Happy (re)BIRTHDAY!
rhonda ross

TODAY'S DATE: _____

List 5 things you appreciate about your life and your surroundings. They may be as simple as "waking up this morning" or "the sound of the birds outside". Then do your best to add to the list as the day goes on.

1. _____
2. _____
3. _____
4. _____
5. _____

Then...

List one plan that you will begin to implement. It may be as simple as "drink more water", "walk 10 minutes a day" or "go to sleep 30 minutes earlier". Then make a plan to begin TODAY

1. _____

Today really IS the first day of the rest of your life and you (and only you) have the power to decide how you are going to live it!

Happy (re)BIRTH DAY!

Celebrate Each Step!