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

Nobody's Job (Part 1)

rhonda ross

TODAY'S DATE: _____

You CAN take YOUR power back.

Throughout the day, pay very close attention to your emotions — when you feel afraid and angry -- write it down.

Who are you blaming? Is there any way for you to choose a different thought? A thought that will allow some space between their actions/beliefs/opinions and your feelings? Can you find any thoughts that will allow you to know that you are okay no matter what they do/believe/think? Can you find a thought that unlinks your feelings from their actions?

Celebrate Each Step!