

“I believe that there are two important days in a person’s life...The Day you were born and the Day you discovered why!”

If one could remember this... it perhaps will change your life as it has mine.

Each day is a gift! Life may not be fair, but remember you have the power to transform your attitude through awareness and compassion. Anytime you are down, change your frown to a smile and notice how your spirits are quickly uplifted. When you align yourself with positive and loving energy, you will succeed in overcoming life’s obstacles and discover amazing new opportunities.

You have the power of choice on how to deal with hurtful words or actions of another. It is best to take the highroad when dealing with negative external forces by forgiving, letting go and moving on. Your time is too precious on this earth, so spend your days thinking and doing things that are meaningful and fulfilling.

Seek your passion: First answer these questions: 1) What are you good at? 2) What excites you? 3) What do you read about? 4) What have you secretly dreamed of? 5) How can you make a living doing it?

Once you have your answers, start taking action by: 1) Learning, asking, and taking notes. 2) Exploring, experimenting, and creating. 3) Narrow things down to what excites you. 4) Banish your fears knowing all things are possible. 5) Make time to do it.

Serve your purpose: Do you ask yourself “why are you here?” and “What kind of difference are you making?” By fully understanding the answers to these questions you come closer towards having control of your life and your “Why” will become clearer.

Three steps in defining our purpose:

- 1) Define your core values on who you are and what you stand for. These values make up your character and can form the choices you make in life. Take time to reflect on what your top ten values are such as honesty, loyalty, integrity, balance, boldness, adventure, creativity, generosity, freedom, security. Once you have written your top ten, prioritize them in order of importance. If you come across two values that you think are equally important, think to yourself, which of these two values would you die to defend? These will be your true values.
- 2) Once you have your top three, you can put them into action by creating your mission statement. This statement will allow you to focus all your energy towards things that are most important and provide you with a sense of direction. You will start to sense your purpose once you craft your mission statement.
- 3) The final step is to create a vision statement, which combines both your core values and your mission statement. It’s a statement that describes the greatest possible outcome of your hard work. With a vision statement you will be able to have a mental picture of that desired outcome. Once you have that picture in your mind, your “Why” becomes clear and you can achieve anything.

Success: *Count your blessings, once you realize how valuable you are and how much you have going for you, you will finally be able to move forward with grace, strength, courage and confidence.*

Every day deliver more than you are getting paid to do. The victory of success will be half won when you learn the secret of putting out more than expected. Exercise your privilege to go the extra mile.

Whenever you make a mistake or get knocked down by life, don't look back at it too long. Mistakes are life's way of teaching you. Welcome your failures as just part of your continual growth.

Let your actions always speak for you, but be on guard against the terrible traps of pride and conceit; this will halt your progress. The next time you are tempted to boast, place your fist in a full pail of water. When you remove it, the hole remaining will give you the correct measure of importance.

Search for the seed of good in every adversity. Master this principle and you will own a precious shield that will guard you well through the darkest alley you must traverse. You will learn things in adversity that you would never have discovered without trouble. There is always a seed of good. Find it!

Remember that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember there is no happiness in having or in getting ONLY in giving. Reach out, Share, Smile, and Hug.

Forgive: *Forgiveness frees us and enables us to serve our purpose.*

Everyday I say the following: (Whether to God or the Universe or a Higher power)

"Help me to forgive the things that caused me pain and that would keep me bound. Help me to begin again. Bless my path and illumine my mind. I surrender the days ahead. Please bless every person and situation that I will encounter. Make me who I need to be, that I might do as you would have me to do, not what others would want me to do. Remove all of my anger, my fears and my pain. Please free my spirit and make me lovely as I know you would want me to be. Thank you for all that I am, all that I have and all that I have yet to become. Amen."

"Teach me to be sweet and gentle in all the events of life; in disappointments, in the thoughtlessness of others, in the insincerity of those I trusted, in the unfaithfulness of those on whom I relied. Let me put myself aside, to think of the happiness of others, to hide my small pains and heartaches, so that I may be the only one to suffer from them.

"Teach me to profit by the suffering that comes along my path. Let me so use it that it may mellow me, not harden nor embitter me; that it may make me patient, not irritable; that it may make me broad in my forgiveness, not narrow, haughty or overbearing."

"May no one be less good for having come within my influence, No one less pure, less kind, less noble for having been a fellow-traveler in our journey toward eternal life."

If you have experienced losses such as job, relationship, investments, a loved one, health, etc. It is time for you to preserve by focusing always on the positive, because what you focus on is what you will achieve.

My heart is with those who are in pain at this time. Stay strong. Do not allow despair to cloud your judgment. Hold fast to your values, hopes and dreams, because this is where you will find the true measure of happiness.

Wishing you Heaven in your heart, Strength in your soul, and Miracles in your life;

Karen Sorbo