Taking care of yourself is an act of survival. You can’t care for others unless you care for yourself first. Self-care is a dynamic process that requires tending to and following an inner guidance. Nurture yourself and support what is best in you every moment so that the greatest can emerge today.

When we accept the lessons and experiences from our past and take the best from everything we learn, we continue to grow and evolve. Be excited about where you are today and what the future has in store for you!

​It is only when we give our power away that our life becomes someone else's business.​

To change one must let go of what is and now direct one’s focus entirely on what is desired. Direct the focus of your day

There is no beginning and there is no end, there is only now. In the now we are free. Free to do, be and experience anything we choose without restriction. Make now count in this moment today!

One of the greatest sources of pain is the expectation that things will remain the same. When we embrace change we are in harmony with life.

What one thing can I do today that will move me closer to living as the person I envision myself to be in my dreams?

Knowing the benefits of any action and seeing how it supports our purpose is the very best inspiration.

Whatever you are looking for create it with your mind first. This is true cause where all creation begins. The outer world reflects cause.

Judge not according to appearances. By releasing judgment, space opens up, allowing all that life offers to live more fully within you. Be free of all judgments today.

In all that we do, we always have a choice. How and what we choose is our responsibility. Freedom is the ability to see our choices and act accordingly. Choose carefully today.

A powerful person understands that the only thing they can change is themselves. This frees them to focus on what matters.

If we do not feel grateful for what we already have, what makes us think we’d be happy with more? Be appreciative for all the greatness life offers today.

A smile is a reflection of how we feel. It is the shortest distance between you and another. Greet others with a smile and be the trigger that sets off a sequence of chained events that creates laughter and lightheartedness.

Love is not something you give or receive. Love is action. It is a living thing. It is something you become. It is what you are. Just be love today!

Letting go is releasing control of what we don’t have control over anyway. Let come what comes, let go what goes, then see what remains. Breathe deeply today and let your concerns flow with each outgoing breath.

The key to success is to create habits that support your desired goals. Living them day to day assures a successful outcome. Be mindful of your behavioral patterns today and make sure they are aligned with your personal goals.

One of the greatest things that cause us to be biased is our blind belief in past traditions and generational history. You can change. You can break the cycle. When you do, everything else changes. Bring your fresh beliefs alive today.

Expectation is a Latin word for “an awaiting.” Your expectation is a reflection of what you believe. It also determines how you experience life. Set your expectations high today and anticipate it with confidence of fulfillment.

The difference between living a great life and living an average life is whether you create your life on your terms, or you let the world around you create an average life for you. We are all capable of greatness. It just depends on whether you are willing to reach for it or not. Stretch yourself today and be great.

Indecision keeps you in the unknown and it is here that fear excels. What is fear? False Evidence Appearing Real…. Decision creates a path and with it, is clarity. Don’t hesitate today. Your path is clear!

Special is a label we give something based on our perception. Every moment is special simply because we are alive. Realize each instance of your day is exceptional and don’t take any second for granted!