

INSPIRATIONAL LESSONS FROM INSPIRATIONAL PEOPLE

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DAILY AFFIRMATIONS
AND MOTIVATION FOR 21ST
CENTURY LIVING

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Foreword

As humankind, our power to learn huge amounts of data is among the biggest qualities we have. Frequently, however, we discover things that hold us back like limiting beliefs and think that the judgments of other people are true up. The pitiful thing is, many individuals who are willing to put us down, the ones that can make us question ourselves, never really make anything of their own journeys.

Rather than looking at anybody and everybody to teach you about life, we should look towards individuals that have really made a difference in their own.

Don't accept any of these as fact. If they work for you, then apply them; if they don't then merely dismiss them like you didn't read them. Hopefully some of them will click for you, and from this day forth their messages will supply mighty reminders of faith, humanity and peace in your life.

THIS IS 100% FREE REPORT

**Please, spread the knowledge
with everyone you know**

Chapter 1:

Nelson Mandela and Courage

Synopsis

*Comprehending what true courage is and how to
implement it in your life.*

Inspirational Courage and How To Get It

Nelson Mandela

Why is he inspiring? Nelson was a huge part of the anti-apartheid cause in South Africa. He was imprisoned for 27 years due to his attempts in leading the conversion for a multi-racial democracy but he finally triumphed with his mission.

What can he teach? Be courageous in your attempts and fight for the matters you believe in.

Quote: "I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

Developing Courage

Courage isn't the absence of fear. It's the strength to be whom and what you are, in spite of the fear! Here are tips to develop courage and release the fears that block us from accomplishing our goals.

1. Acknowledge the fear. Don't make excuses and name it something else. You can't defeat or move through your fear if you don't acknowledge it per se. You can fault somebody else, you can call it inconceivable or you can simply admit that you're afraid. Once you acknowledge that fear is in operation, you can start to alter it.
2. Acquire understanding from the fear. What am I founding this fear on? Opt to see a richer truth. We feel fear when we trust the lies that

our ego is telling us. We believe what we have swallowed as truth either consciously or unconsciously. What do you trust as truthful?

There's a story about loved ones that would assemble for holidays and special affairs and prepare a roast of beef. Each time they'd prepare it they'd prepare it the same way. They'd take the roast and lop off both ends and set it in the pan. This was a custom that was handed down from mother to daughter to daughter, etc., till one day, one of the daughter's husbands asked her, "Why do you lop off both ends of the roast?" She responded that her mother had always done it that way, "Let's go ask her." Then they went and asked her mother, and she answered that it was because that's the way her mother had always performed it. They chose to ask grandma and she answered, "Because that's the way my mother always served it. I don't do it that way any longer; we only did it that way since the pan was too small to hold it."

See the falsity in the fear that you have harbored. What rules have you determined for yourself? Do you prefer to keep living by them? You're the selector.

3. Dedicate to courage. Announce the deeper truth. Persistently reprogram yourself for success and brave actions. Remember that eminent love and great accomplishments demand great risk.

4. Confront the fear. Sense the fear and do it anyhow. Respect your courage. Take action.

- Respect yourself every time you face a fear. Particularly the little ones.
- When you have admitted its only fear keeping you back, you can proceed through it like a brave warrior.

- Parachutes weren't shown trustworthy by having individuals carry them around on their backs. The device proved its worth once somebody jumped.

Daily Affirmation

Everyday, in every way, I am becoming more courageous.

Chapter 2:

Russell Simmons and Being A Visionary

Synopsis

Having a vision and following through is a great benefit to you and your life.

Being A Visionary and Success

Russell Simmons

Why is he inspiring? Russell Simmons started Def Jam Records; a company that assisted in bringing hip hop music into the majority, and furnish millions of children that were living in the struggle a little optimism for a better future.

What can he teach? By no means think that you are above the guidance or intelligence of others. We can accomplish so much more when functioning collectively.

Quote: “I’ve been blessed to find people who are smarter than I am, and they help me to execute the vision I have.”

Becoming A Visionary

Have you questioned how to become a visionary? It’s crucial to comprehend that having a vision is unlike really being a visionary.

The individual who has vision is one who views possible developments and events that might happen in the future. The visionary, on the other hand, is an individual who brings about a particular consequence based on ideas and goals that once only lived in their minds. Here are some tips on how to become a visionary.

1. Treasure people. This means everyone – not just particular people you care about. Each and every individual on Earth has a particular mission or a unique function in life. Value the special and not so special gifts, skills, and personalities of other people as you never know what lesson you’ll get from them.

2. Assume responsibility. You shouldn't assume the position that you're a victim of circumstance. You solely are responsible for the affairs you experience, the selections you make, and the consequences of those selections and experiences. Putting blame on other people for your selections or mistakes will keep you from learning from these errors and bettering your life.

3. Endeavor to learn and improve. You should know and comprehend that the job of self-improvement is ceaseless. It's a ceaseless cycle, and it revolves systematically as we advance through life. Working to better yourself, the lives of those around you and the cosmos will make you among the top visionaries! By taking steps to better yourself and seeking ways to improve the Earth, you'll begin to consider solutions more creatively.

4. Detect the positive effect of challenges. You must comprehend and approach all states of affairs like they're an example and you should always endeavor to learn something from them. Transform your thinking from thinking that something is bad to trusting that regardless how negative it seems, there's something positive to be gained from it.

5. Get moving to make your dreams come real. Finally, but not least, if you're trying to become a visionary, you must be able to dream and do.

Daily Affirmation

“I am a visionary. I set trends and others follow.”

Chapter 3:

Warren Buffett and Growing For Success

Synopsis

Being successful doesn't always require doing the biggest thing right off.

Growing Into Success Works Also

Warren Buffett

Why is he inspiring? He is one of the most victorious investors of all time and became the world's richest human being at the age of 77.

What can he teach? Being victorious isn't always about taking on the largest challenges. It's about continually growing and conquering the feats you can handle.

Quote: "I don't look to jump over 7-foot bars: I look around for 1-foot bars that I can step over."

Growth and Success

Thousands of books and reports have been written about the matter of personal growth. Many alleged experts and gurus have tried to deliver assorted points of views on this matter and a lot of them are right altho some have simply missed the boat! Sending many of us into dissimilar levels of comprehending. All the same, it's up to each of us to choose whether we want to become successful or not.

Here are some essential principles for formulating personal growth and success:

1. Acquire good time management techniques. Make time management a personal issue. Don't just author a bunch of material in a note book or diary without dedicating to it. Design your day ahead of time. Screen your calls and don't waste time on frivolous

calls. Make blocks of time in which you can sit and form your thoughts. Find a fruitful project to do on a day-to-day basis.

2. Cause your life to be fun! Life is all about fun. Nature is occupied with pure goodness... be part of this experience. Don't go around making self-justifications or making others life poor. Like everything you do! The mystery of living is that you're part of a fuller universal picture. Your life is really important within this big plan of being.

3. Formulate and punctuate your personal slogan. Your personal slogan helps to define you. It's your statement of purpose for success and personal growth. Live by it and perpetually and let it shape your thinking towards a greater level of accomplishment.

4. Be brave and relentless. Having a solid self-will will put you ahead of the game. Your thoughts, inventions and creative ideas won't be profitable without you being brave and relentless. Don't stand at the sidelines of life. Get involved and be part of this deep experience of life's hope!

5. Get in touch with your higher power. Through positive prayers, meditation, service to mankind and everything inside nature let your life soak up the total goodness therein. Forever think positive. Encircle your life with positive people. Take nature walks to regenerate your inner being. Discharge all stress from your life by slow breathing and spiritual exercises. Live in the present!

Daily Affirmation

I am still and receptive to Life and Growth.

Chapter 4:

Princess Diana and Kindness

Synopsis

There is little that is more empowering than kindness.

The rewards Are Great With Kindness

Princess Diana

Why is she inspiring? Rather than seeing her public situation as one of Ego, Diana used her position to motivate millions around her. She was one of the first prestigious figures to be seen touching somebody infected with HIV, she also braved minefields to elevate awareness of the trouble they were causing.

What can she teach? Don't just assist others for the sake of receiving something in return. Assist others in order to help others, nothing more.

Quote "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."

Kindness Helps In Personal Growth

Everybody should evidence acts of kindness without desiring anything reciprocally.

How easy is it to display some kindness to other people, even if those you display kindness to are strangers?

The Earth would be a better place if we all assumed a little time every day to do something positive for others, animals and the environment.

Random acts of kindness can be as easy as;

- ✚ Assisting somebody with their packages
- ✚ Gathering up a piece of trash and placing it in the garbage can
- ✚ Contributing some of your unwanted clothes to a charity
- ✚ Imparting a stray animal some food
- ✚ Stopping to help change somebody's tire

Performing acts of kindness can get you greater satisfaction to your life. I know since I make it a goal of mine to do at least one turn of kindness a day. Be it random or plotted, I feel so much better when I contribute and not expect anything reciprocally.

So why don't you as well make it a goal of yours to do at least one act of kindness a day. What damage could it do?

Occasionally we all in reality do acts of kindness a lot of times a day but we don't realize it. When you do realize it, give yourself a pat on the back as you deserve to be recognized for a good deed or two.

Daily Affirmation

There is no greater reward in life than to be the kind of person who feels they can lovingly give.

Chapter 5:

Mahatma Gandhi and Following Through

Synopsis

*The only way to a complete destination is by following
through.*

The Way to A Complete Success

Mahatma Gandhi

Why is he inspiring? He led the group which led India to freedom. This also stimulated other movements for freedom and individual rights across the globe.

What can he teach? Perform through your intentions. Only from following through with the thing you believe in can you take pleasure in fulfillment.

Quote: "Happiness is when what you think, what you say, and what you do are in harmony.

Conceive of a world where every voice mail you leave is quickly returned, where anything you call for is complete when you want it done, and where every action you initiate gets completed without a single hitch. It doesn't exist; But, many individuals behave as if it does. To see things get done, and get done correctly, you need to remain on top of them.

We're all guilty of letting things fall through the cracks, but how come? We tend to let matters fall through the cracks when we're more concerned with checking tasks off our list than we are with making certain the tasks really get executed. It isn't sensible to depend upon unreliable people or individuals whom we don't know, nor should we blame anybody but ourselves for not following through with our tasks. The key to making certain things get done and done on time is by keeping the ball in your court. Here are a few hints on how you can do just that.

- ✚ Don't take it off the list. Don't cross items off of your "to do" list till the actual task itself is done. For instance, if you have "call the doctor" on your list, what you actually mean is something like, "make an appointment with the Dr.". Don't cross this off your list till your appointment is created and confirmed, not simply when you leave a message.
- ✚ Assign a date and time. If you're depending upon vendors, staff, or acquaintances for something, ascertain specifically when you can anticipate action. Then, let them know you'll be following up at a committed date and time. For instance, if you have a payload that your vendor promises will be sent out "this week", ask them for a particular date, then call the vendor back at least one time prior to that date to make certain everything is on schedule.
- ✚ Act on e-mails. Today, many individuals use their e-mail inbox as their "to do" list. When they answer a message or start an e-mail, their e-mail goes away into the sent folder and is blanked out. A great technique is to move a copy of the message into a folder called "follow up" and go over these e-mails each day.
- ✚ Be relentless with phone calls. Don't let your forward motion be slowed by busy signals and voice mail. Be relentless and keep calling till you speak with somebody. Use your best judgment here and make certain you don't keep ringing a telephone line that only has voice mail.

Daily Affirmation

I am a determined, persistent, motivated woman striving to achieve my greatest goals and aspirations, and I genuinely believe I will be successful.

Chapter 6:

Mother Teresa and Humbleness

Synopsis

We are all on the same planet and being humble can teach us something.

No One Is Better Or Less

Mother Teresa

Why is she inspiring? She spent 45 years of her life helping the sick, poor and dying while raising consciousness for her organization: “Missions of Charity”. Her work began in India then extended to other parts of the planet.

What can she teach? We are all one, you are not by yourself in this journey of life, and for that reason you shouldn't see yourself as more or less than anyone else.

Quote: “If we have no peace, it is because we have forgotten that we belong to each other.”

How To Be Humble

Give thanks

Make certain you take every chance you have to thank other people for what they do and what they assist you with. Individuals don't achieve anything on their own and it always takes assistance from others. Thank them for this assistance.

Redirect Praise

Redirecting praise is of value to be more humble and modest. If you don't take praise outright and rather, redirect it to others who assisted you, trained you or even let you do something, you pass on that praise to other people without accepting the credit directly.

You Don't Have to Be Correct

A humble individual never tries to outmatch someone else and make themselves look better or brighter. This includes having to be correct. When you try to show you're correct, or even when you say something simple like "I know", you're showing dominance over the other individual. Rather than wanting to be correct, even if you know something already, merely say, "intriguing, thanks for that."

It's Not All You

Individuals are perpetually reaching for success and they often feel really proud of themselves for getting to where they are. Humble individuals are not proud and recognize that they didn't get themselves here. They recognize that other people helped them, boosted them and assisted them to get to where they are.

Don't Go First

First isn't necessarily a bad thing, but being first can resonate as competitive, self boosting or demoting of others. None of those things are usual for a humble individual. In a group or workplace, if you don't be first to verbalize, participate or get involved, you give other people a opportunity to be first.

Value Everything

So many matters around us are not our doing, we often forget to realize our own insignificance since we get so centered on our own lives and achievements. Well to be humble, it's crucial to acknowledge and appreciate all the fantastic things around us. Value the place you live, the wellness, wealth and happiness you receive or have opportunity for. Valuing things adds greatly to a person's humility and recognizing that we have so much to be grateful for builds on many of the additional items in this list.

Hear More Than You Talk

Like the item above, "Don't Go First" it applies to hearing in a fuller sense. Hearing more than you talk can be very mighty and if you use this you can learn a lot of things about other people and practice humility in how you react.

Don't Judge Other People

Finally but not least, a very significant aspect of being humble is to not judge other people. Judgment is a grievous thing and you can't stay open minded, receptive to ideas, empathetic or appreciative of others if you're judging them or their thoughts. Everybody is different and have different thoughts and when you judge those, you're really showing that you have some overseeing significance or might to make a judgment call, which you surely don't if you want to be a humble person.

Daily Affirmation

I will be more loving, humble, forgiving, giving, kind and patient with others and myself.

Chapter 7:

Martin Luther King for the Good of Others

Synopsis

Doing the right thing benefits us all.

The “Right Thing” Benefits You As Well

Martin Luther King

Why is he inspiring? Martin Luther King is most significantly known for his “I have a dream” speech in which he stood for what he believes in. This speech contributed to public awareness of civil rights movements and also made him recognized as one of the greatest orators in history.

What can he teach? Do things for the greater good of mankind, instead of just focusing on your own constraints.

Quote: “An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.”

The “Right Thing” Leads To Success

True success doesn't come from getting things at any and all cost, but from conducting yourself and in such a way as to benefit others and the greater good. Most successful people will tell you that an outward, ethical approach to life will pay off in a lot of ways.

Sincerity is specified as freedom from deceit, hypocrisy or fraudulence. There are many scammers out there that claim to have the next miracle. These people so prevalent that it seems like these dishonest ways must be the only way to be successful. Luckily, that's not the case. The people who perpetrate these scams tend to get tripped up. Dishonesty might work in the short run, but long-term success demands sincerity.

Personal integrity is vital. A dedication to openness, honesty, and high standards signifies a real leader. If the people in your life can't trust you, they won't help you. The truth is that success only comes with the assistance and support of others. Set expectations high, even for yourself, and handle every situation with the integrity you require from others.

Courtesy is displaying suitable social conduct and being respectful to other people. Successful people are careful not to burn too many bridges, and make sure to always be "on" publicly. Courtesy is critical and treating everybody with respect will pay off in spades. Don't presume that once you find success that it's acceptable to treat people badly.

Wisdom isn't just book smarts, but the ability to couple that knowledge with reasoned judgment. That is, wisdom lets you discern what is necessary from what isn't. Wisdom is what divides the experts from the merely schooled and generally bounds from the seasoning of experience, whether good or bad. Successful people learn from every decision they make, every obstacle they face, and every triumph they savor.

Charity is more than just giving to the greater good, but is as well a habit of giving the benefit of any doubt. People need to be responsible for making a difference in their community, country, and the world. As you earn success and wealth, repaying shouldn't be a question.

Daily Affirmation

Integrity, Integrity, Integrity - *do the right thing*, for the *right* reason, the *right* way.

Chapter 8:

Buddha and Inspiring People

Synopsis

*You would be surprised what happens to you when you
inspire others.*

How To Inspire Others

Buddha

Why is he inspiring? Siddhattha Gotama was thought of as the 'enlightened one' and yet to this day inspires people with his messages of harmony, oneness and living in the moment.

What can he teach? Do not take anybody's messages as reality. Use what works for you and send away the rest.

Quote: "Only accept what passes the test by proving useful and beneficial in your life.

A Few Tips

Inspiring other people isn't simple. The success rate of those who try to inspire is unbelievably low when the measurement of success is based on the percentage inspired as opposed to the real number inspired. Huge motivational seminars with 1000s of attendees commonly make a very lasting impact in only a couple of people's lives. If you view those same odds for yourself, you may easily be deterred if you hope to inspire others by doing something you don't truly love to do.

If, however, you do love something a lot, you won't care how successful you are at inspiring other people and you'll continue to persevere regardless how many times you go wrong. When individuals doubt you, and when individuals poke fun at your failures, you'll continue to do what you love because you love it. So having that profoundness, that love and passion for something, will protect you from all potential failures.

Make the most of failures and continue to drive your passions.
Inspire other people even when you don't succeed at first.

Share your themes with as many individuals as imaginable and allow them grow your influence beyond your initial ideas for inspiration.

Thinking large isn't only about inspiring more individuals, but also about the impact you have on each individual. Don't settle on making small changes in a person's life if they need a total rework. Rather, aim to change everything. Look to inspire in many areas rather than just one. Think big about the positive affect you may have and this will give you a much better chance of leaving some sort of impression.

Another valuable way to inspire other people is to support an established noble cause or practice, like saving the environment or feeding the poor. It's much easier to acquire attention, followers, and support for noble causes than it is for individual gain or what some may think are more selfish reasons.

You need to remain actively involved in the field in which you think to inspire other people. It's the age old saying of "practice what you preach," and it bears true for anybody attempting to inspire others. In the end, if you really want to inspire other people to do something then this 'something' should be a huge part of your life. You don't necessarily need to be an authority at it, but you do need to be passionately involved.

The dearest part of inspiring other people is to have interest in not only what you do, but to also acknowledge your followers and have an chance to see them grow and change also. Offer to share your personal tales, teach them things you've acquired along the way,

discuss your failures and accomplishments, and ask them questions about their own advancement. Help them avoid the errors you've made in the past, and always maintain a positive outlook on their advancing progress.

Daily Affirmation

I will keep my focus on building up, encouraging, and inspiring others.

Chapter 9:

Winston Churchill and Enjoying Life

Synopsis

If you are not enjoying your life or success...what's the point?

Learning To Enjoy Life Affects Everything Else

Winston Churchill

Why is he inspiring? Winston Churchill was the prime minister of the UK, a Nobel-prize winning author, and writer and an officer in the British Army. He was as well made the first honorary citizen of the United States.

What can he teach? Don't take life so gravely, enjoy the simplicity in everything.

Quote: "A prisoner of war is a man who tries to kill you and fails, and then asks you not to kill him."

Get Some Happiness

Taking the time to revel a little, daily delights is among the most crucial aspects of managing the needs of a successful life. Why? Because a ceaseless focus on things you can't immediately control increases stress; making you more vulnerable to troubles like depression and anxiety disorders.

Don't misunderstand. Declining to think ahead or plan for the future can produce its own sort of stress. Imagine if you never saved for your retirement, or you didn't cautiously consider major life decisions, like changing jobs or having a baby. When the time ultimately came to deal with the aftermaths of your badly made choices, your stress level would shoot sky-high. And, down the road, there may be a physical price to pay.

Letting yourself to live in the moment, while still cautiously and rationally managing the course of your life, gives you the “right” to guiltlessly enjoy the little delights along the way. After all, the purpose of responsible planning is to make healthy decisions so that you can be happy!

How do you emotionally refuel? Take some time to savor what you love: books, music, athletics, and recreation, whatever. Are you at the beach on vacation? Then savor everything you came to experience. Do you live somewhere because you enjoy the small-town atmosphere and the allure of the sea? Then savor it every single day! Even an hour will do. Don't let the life you have chosen pass you by.

Daily Affirmation

I am excited about the new day and look forward to it with anticipation and interest.

Chapter 10:

Richard Branson and Reaching for Opportunity

Synopsis

Opportunity is just around the corner from your last failure.

See Opportunity Everywhere

Richard Branson

Why is he inspiring? Richard Branson formed his first business at the age of 16 in the structure of Student magazine. He founded the Virgin brand which today operates over 350 companies while risking his pride, ruin, and even his life in the process.

What can he teach? Opportunities in life are abundant; if something in life doesn't go your way, sway with the punches until something does. Don't let one 'disappointment' make you turn around and give up.

Quote: "Business opportunities are like buses, there's always another one coming."

Finding Or Making Opportunity

How, in your own life can you discover and more significantly create opportunities?

In the Chinese language, you have the character constituting crisis and the character constituting change. When these are fused you have the character constituting opportunity. Now why is that? Why is it that once crisis and change fuse you have opportunity?

Because once crisis and change fuse you have disequilibria. You have changing laws or changing terms. New needs and troubles are produced and it's up to someone to fill those needs.

If you undergo new things or the world around is shifting, there will always be lots of opportunities. Here are a few tips for discovering, creating, and capitalizing on opportunities.

- ✚ The more you visit other areas and countries, the more opportunities you'll see. Often in extra places things are done otherwise or there are good products that haven't yet arrived at your country.
- ✚ You must network. The more individuals you talk to the more opportunities you'll discover. It isn't just what you know but as well who you know and how well you know them that matters.
- ✚ You must be in it for the long haul. You can't be deterred by setbacks or errors. You must have doggedness, learn from your errors, and keep going. As you learn more and acquire more experience you'll be able to see and be prepared for many more opportunities.
- ✚ The Earth is filled with opportunities just looking to be found by an up-and-coming and intelligent person.
- ✚ Too many individuals wait for opportunities to come to them. Don't. Don't expect for the opportunities to come to you. Produce the opportunity for yourself.
- ✚ You must have the opportunity mentality. You must be seeking and evaluating opportunities perpetually. You must make time to talk to other people about what opportunities they're pursuing. You must become magnetized toward opportunity.

Daily Affirmation

I find opportunity everywhere I go.

SPIRITUAL TACTICS



50 TIPS ON ENLIGHTENING
YOUR SPIRITUAL SIDE

1. Read uplifting books. Spend time each day reading a book that encourages and inspires you. It can be biographical, fiction or non fiction. Check the library, they often have an inspirational section.
2. Meditate for 15 minutes a day. This can be prayer, but it does not have to be. Take time to center yourself and meditate on a thought, phrase, or image. This will help you connect to your deeper self.
3. Quiet your mind through meditation. Allow your thoughts to flow freely. Not judging them, not holding on to them, just let them flow.
4. Think positive. Positive thinking uplifts the spirit and lightens the soul. It allows your inner person to breathe without the weight and stresses of the world.
5. Be thankful. Spend a few moments each day reciting what you are thankful for. It can be material things or even people. If they are people, take a moment and write them a note letting them know why you are thankful for them.
6. Develop tolerance. Not everything can be the way you like it. Learning to tolerate the tough times allows you to enjoy the good times even more.
7. Be patient. Both with yourself and with others. Spirituality is a journey and will take time. Everyone is on a different path and going at a different speed. Let things come to you.
8. Learn your strengths and amplify them. Find out what you are really good at and do it even more. The more you do it the stronger you will get. Accentuate your best quality, do not down play it!

9. Find your spiritual passion. What is it that your spirit hunger for? Is it peace? Helping others? Contentment? Whatever it is, search for what drives you and seek to fulfill it.
10. Accept your spiritual side. Do not let the world take your spirit away. We are all spiritual beings, accept that part of you and begin to explore it.
11. Journal. Take time every day or every other day to write down your thoughts and dreams. Make the journal your own, you decide how to write and when to do so.
12. Pray. A spiritual connection with a greater spirit can help guide you through the uncertainties of life. It is also a great way of relieving stress and giving things over that you have no control over.
13. Be around spiritual people. Good company creates good morals. Pick your friends wisely, if you want to be more spiritual, choose to be around people that are spiritually minded, it will rub off.
14. Listen. Take time to slow down and listen to what the universe is saying to you. Also take time to listen to that messages you are sending to yourself.
15. Slow down. Turn off the TV, radio and computer. Take a stroll out side or set aside a weekend without electronic distractions. Allow yourself to be a receiver.
16. Get in a routine. Start the morning off with some mediation and prayer; it is a great way to start the day. End the day with some quite time to reconnect.

17. Begin practicing spiritual disciplines. Disciplines such as prayer, reading holy texts, and fasting are great ways to begin to explore your spiritual side.
18. Search for what hinders you. Look inside yourself and examine your thoughts and beliefs. Are certain thoughts getting in your way of becoming more spiritual? How can you combat those thoughts?
19. Take care of yourself physically. The spiritual and the physical are intrinsically linked together. Taking care of your body e.g. getting plenty of rest, eating, exercising, in turn primes you to take care of your spirit.
20. Find a spiritual guide. Look for someone that has been down the path that you want to go down. Ask them to walk the road with you and guide you down the difficult passages.
21. Surround yourself with inspirational sayings. Print outs posted around your bedroom or quotes written on the bathroom mirror can help keep you centered and focused throughout the day.
22. Surround yourself with inspirational images. This can be landscapes, people, statues, or artifacts. Create a spiritual environment and spiritual growth is soon to follow.
23. Get involved in service to others. Serving others is a great way to get in touch with the common condition of humanity. It serves a deeper need in all of us to be significant and make a difference.
24. Give time. It could be just taking time to listen to a friend in distress or helping someone along side the road. Put your schedule on hold for a second and invest in others.

25. Give money. Sacrificial giving has been a tenant of many spiritual paths for thousands of years. It is a constant reminder of our responsibility to others and the futility of living for wealth.
26. Stay connected. Find a group of believers that are of similar mind to you. Spend time with them weekly and use them for spiritual guidance and support. The world is much too hard to take on by oneself.
27. Ask for help. We often have needs that need to get met that we wait around for other people to met, thinking they should do it naturally. Well, most of the time we have not because we ask not. Ask.
28. Set goals. Write down a description of where you want to be on spiritual journey. Be as specific as possible. Then map out how you think you could get there. Share it with a friend for some feedback.
29. Identify what distresses you. Do an internal check and find out what things (behaviors, thoughts, feelings) are getting in your way of becoming more spiritual.
30. Set boundaries. Allow yourself to be your own person. Be kind, caring and gracious, but be no one's door mat. Service is given, not taken.
31. Connect with nature. Take a nature hike or go camping for a weekend. Enjoy creation and marvel at the natural wonders of the world.
32. Let go. Let go of bitterness that has been brewing inside of you for many years. It does nothing but poison your life.

33. Be purposeful. Live life with gusto. Have a purpose in life and fulfill it. Look at the many roles you have in life and try to be the best at each role.
34. Unplug from life's electronics. Take a weekend and unplug. Unplug the TV, turn off the cell phone, leave the computer off and click the radio off. Spend time related to others or resting.
35. Take a spiritual retreat. This can be on your own or with friends or a church group. Be encouraged and take some reading material and a journal.
36. Go to a workshop or seminar. There are almost always free spiritually based seminars and workshops going on. Find one that interests you and check it out. You might just learn something new.
37. Reconnect with your past. Where have you been in life? What challenges have you overcome? Who was important in your upbringing? Let your heart guide you in how you respond to these questions.
38. Consider where you are burning out. Burn out is a major cause of spiritual depression. Find out where all your energy is leaking out. Perhaps you just need to take a break from it.
39. Address myths you believe about yourself. Our mind is always making up stories about ourselves that are not true. Combat those myths with truths that you know from reality.
40. Find truth in yourself. For many people, their spiritual journey starts within. Self discovery can lead to a spiritual revelation.

41. Talk to many different leaders of faith. Get as many perspectives on spirituality as you can. They are usually all too ready to share.
42. Go to the library. It's a cheap way to get your hands on all kinds of religious and spiritual material.
43. Accept grace. Grace is getting something that one does not deserve. Accept forgiveness.
44. Be merciful. Overlook the follies and mistakes of others, as you would like them do to you.
45. Challenge yourself and your own beliefs. Write down your core beliefs then begin writing why you believe them.
46. Sing. Singing is the outlet of the soul. It lights the spirits and endears the soul.
47. Use your talents. Find ways to serve others using your talents.
48. Keep it simple. Simple is the best way to go, do not get your mind working on too many concepts or involved in too many activities. One or two at the most will do.
49. Find forgiveness for yourself. The journey to spiritual enlightenment begins with forgiving yourself for past missteps. Let go, learn from it, and move on.
50. Take your journey one day at a time. You cannot become Gandhi or Mother Theresa overnight. Be patient with yourself and enjoy every day as it comes.



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