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<p>Many people know what they <u>want</u> to have, but have <u>no idea</u> of who they <u>want</u> to be. Getting "things" simply will not fulfil you, only living and doing what you believe is the "right thing" will give you that sense of inner strength that we all deserve.</p> <p>A.R. (Awaken)</p>	<p>I am the source of all my emotions. Nothing and no one can change how I feel except me. If I find myself in reaction to anything, I can change in a moment.</p> <p>A.R. (Awaken)</p>
<p>It's not what's happening to you now or what has happened to you in the past that determines who you become. Rather, it's your decisions about what to <u>focus on</u>, what things <u>mean to you</u>, and what <u>you're going to do about</u> them that will determine your ultimate destiny.</p> <p>A.R. (Awaken)</p>	<p>Your behaviour is not the result of your ability, but of the state that you're in at the moment. To change your ability, change your state. To open up the multitude of resources that lie within you, put yourself in a state of resourcefulness and active expectancy - and watch miracles happen.</p> <p>A.R. (Awaken)</p>
<p>The will to win, the will to succeed, to shape one's life, to take control, can only be harnessed <u>when you decide what you want</u>, and believe that <u>no challenge, no problem, no obstacle can keep you from it</u>. When you decide that, your life will ultimately be shaped not by conditions, but by your decisions.</p> <p>A.R. (Awaken)</p>	<p>Will today be the day you finally decide that who you are as a person is much more than you've been demonstrating? Will today be the day you decide once and for all to make your life consistent with the quality of your spirit? Then start by proclaiming "<i>This is who I am. This is what my life is about, and this is what I'm going to do. Nothing will stop me from achieving my destiny.</i>"</p> <p>A.R. (Awaken)</p>
<p>Maybe you could make a decision right now to enjoy and cultivate the most positive emotions that you deserve to experience daily. Is it possible you might choose more joy, more fun, more confidence or more peace of mind? Make the decision now that can send you in a new positive and powerful direction for growth and happiness.</p> <p>A.R. (Awaken)</p>	<p>You want to live differently. You want to live with a spring in your step, a smile on your face. Why not make cheerfulness, outrageousness, playfulness a new priority for yourself? Make feeling good your expectation. You don't have to have a reason to feel good - you're alive; you can feel good for no reason at all!</p> <p>A.R. (Awaken)</p>
<p>God delays are not God denials, often, what seems impossible in the short term becomes very possible in the long term if you persist. In order to succeed, we need to discipline ourselves to consistently think long-term.</p> <p>A.R. (Awaken)</p>	<p>How am I going to live the next ten years of my life? How am I going to live today in order to create the tomorrow I'm committed to? What am I going to stand for from now on?</p> <p>A.R. (Awaken)</p>