

Thoughts to Ponder

- 1
 - Not everything is your responsibility to fix or handle.
 - Change takes time, so be patient with yourself and others.
 - Allowing yourself to engage with your emotions will help you feel less tense.
 - Notice if your anger is affecting you more than the person or situation you are angry with.
 - Learn to listen to hear instead of listening to respond.

- 2
 - Be intentional in taking care of yourself, so that when you care for others it is from a place of overflow instead of drought.
 - Check your motives when it comes to helping others.
 - Be mindful to ask what others need instead of assuming you know what they need.
 - Don't neglect your long-standing relationships for new and interesting friendships.
 - Pay attention to the way people show they care about you. (It might be different than how you care for others.)

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 - Remember, you are not your feelings. Your feelings are there to inform you that something is good or bad, right or wrong.
 - Don't allow your feelings to dictate your productivity.
 - Do one small thing every day that moves you toward your goals and dreams.
 - Recognize when you are living your life in your head instead of living in your reality.
 - Be kind to yourself by speaking kind words and seeing the best in who you are.

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 - Learn to relax by meditating, exercising, or perhaps dancing.
 - Seek wise counsel when you are making big life decisions.
 - Don't retreat from hard conversations or conflict; instead, learn to grow through difficult situations by using your voice and sharing your opinions.
 - Try not to look down on others you perceive as not being as intelligent as you.
 - Make it a point to engage socially during the week with a few trusted friends.

- 3
 - Make it a point to be honest with yourself and others about how you really feel and what you really need.
 - Take time every day to connect with someone you care about through a conversation, text message, or sharing a meal together.
 - Rest and relaxation are a need, not a want, so learn the art of rest to avoid burning out.
 - Write down your core values so you don't lose yourself trying to be what other people think you should be.
 - Don't be afraid to say you are in over your head or that you don't know how to do something. Asking for help is not a sign of weakness; rather it is a sign of maturity and wisdom.

- 6
 - Notice what makes you anxious and sit with it and try to make sense of it.
 - If you are angry, moody, upset, and testy, check yourself to see what is causing you to feel this way.
 - Write down who you trust and share with this person or people why you trust them and what they mean to you.
 - Make it a point to take ownership of your wins and your failures.
 - Share your thoughts and feelings so you don't appear indecisive or defensive.

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 - Notice when you are impulsive and why.
 - Write out six-month goals and how you are going to achieve your goals.
 - Remember, it is not about accumulating more, it is about pursuing what is best.
 - Be mindful of what you are seeking comfort and pleasure in.
 - Seek relationships where you can be authentically yourself without feeling the need to always be upbeat and positive.

- 8
 - How can you use your strength to inspire and uplift people?
 - Take time to acknowledge the people who believe in you.
 - Learn how to give and receive love from those close to you.
 - Make an effort to impact the world in a positive way.
 - Learn to listen without responding or reacting.

- 9
 - Learn to be present in the moment and engage in conversations and situations.
 - Recognize the negative emotions you feel and allow yourself to see where they stem from.
 - Allow yourself to examine your own behaviors within your relationships and notice how you have ignored, withdrawn, or silenced feelings and emotions that have the potential to cause conflict.
 - Ask yourself, are you truly living your life alive, awake, and aware, or are you just going through the motions?
 - Be willing to express yourself freely within your safe relationships.