

FEBRUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Forgive others...not for them but for yourself	2 We ALWAYS have choices	3 Compromise	4 Do what you know works
5 Maintain gratitude	6 Anger undermines inner peace	7 ...so does jealousy	8 ...so does holding onto resentments	9 Change only takes as long as you do	10 Accept all external hardships as the path to inner peace	11 We are products of our past but don't need to be prisoners of them
12 Remember the source of our unhappiness is internal NEVER external	13 Today's tests are tomorrow's testimonials	14 If you are seeking a miracle look no further than a mirror	15 Life is what you make it	16 Anger is only one letter from DANGER	17 Suffering is optional	18 You receive back what you put out
19 We only fail when we stop trying	20 Embrace change	21 If you need help ask for it	22 Learn to listen and listen to learn	23 Imagination is the beginning of creation...if you can think it you can do it	24 Worry changes nothing	25 FEAR False Evidence Appearing Real
26 Count your blessings everyday	27 Believe in yourself	28 It's not how far you have to go but how far you've already come	29 The hardest thing to open is a closed mind			