

Written by Julie M. Armenta, M.A. Educational & Family Specialist

A

Attitude - The most successful people have a great attitude no matter what the situation. Never focus on what disappointments you have been through, but on what lessons you have learned and how your attitude can define who you are regardless of setbacks and letdowns.

<u>Appreciation</u> - Always celebrate and appreciate the important people, situations, and memories in your life with honor and praise. Being grateful brings in more great things, and will transform your life, and the lives of others.

Admiration - Spend time enjoying the ones you love, the things you love, the things that create meaning and inspiration to your life. Without these beautiful things life would have little meaning.

<u>Awareness</u> - Be aware of yourself, your passions, your successes, and your divine purpose on this planet. Once you are aware of yourself you can embrace new adventures, and can leap with focus and enthusiasm into your future.

<u>Action</u> - Take action in what you desire passionately and deeply; make it vivid, and real, and take your dreams to reality. Write about it and find pictures about it to support you. Meet people who have succeeded, keep your eyes open to see it, and follow your heart to do it!

<u>Alone Time</u> - It is necessary to take time for yourself. It doesn't mean you are being selfish; you can be sensitive to not only others' needs, but most importantly your own. Moments alone are a life-giving source of renewal.

Amends - Make amends with all. Forgive yourself and others for imperfections. All you can do is strive for perfection each day.

<u>Affirmation</u> - Say your affirmations daily for daily success. Once you say it, know it, and believe it, you can feel it through your body for support throughout your life.

Acknowledge - Acknowledge your gifts and talents, and share them with others so all can benefit.

B

Blueprint - Have a blueprint or game plan to achieve goals, both short term and long term. Keep that snapshot in your mind always to make <u>IT</u>, whatever <u>IT</u> is for you!

<u>Blossom</u> - Each day better yourself. Dream, imagine, and blossom to that beautiful flower. Do not force the flower to grow; it will grow in its own time and glory.

<u>Beauty</u> - See beauty within yourself and others, which creates more beauty. Take time to bring in the beautiful and charming things of the world that make you happy, such as family, nature, and the things that are most meaningful to you in your world.

<u>Belief</u> - Don't be someone else. Be strong in your belief system, and what you stand for, and have become. Trust and be proud of who you are.

<u>Benevolence</u> - Be kind to yourself and all around you. Remember to treat others the way you want to be treated. Simple acts of kindness leave an impressionable mark on others' lives through a smile, a kind gesture, a hug that can last forever in ones heart. Leave footprints on someone's heart and be inspired.

<u>Brainstorm</u> - Always be thinking, brainstorming, and creating new dreams and new visions to plan ahead and get all you want!

<u>Build</u> - Build your empire, and yourself, and continue to build a strong foundation. Continue to build character, dreams, and friendships.

Brainpower - Use your brain and maximize your potential. Create success solutions and satisfaction in split seconds. Expand and take that knowledge to new dimensions.

<u>Breathe</u> - Take time to relax and rejuvenate your mind, body, soul, and spirit to replenish and restore yourself to heal and to create happiness.

(

<u>Compassion</u> - Have compassion for yourself and others. Don't lose touch of your own mortality and spirituality, and don't lose touch with your humanness and humanitarian heart. Reconnect with your compassionate self.

<u>Control</u> - **You** are in control of your life and your successes. Don't let anything or anybody stand in your way. Stand true to your beliefs, ideas, and creations. Take control of your life and what you want to make of it.

Change - Do not be resistant to the process of change. Change is growth. Change is the manifestation of our ability to grow and become. When change occurs, it allows us to share and be proud of ourselves to new heights. No one can care for who we are unless they know who we are through our changes.

<u>Creating</u> - Create your purpose. Thoughts that you are inspired by and things that motivate your life indicate what you want and your divine purpose. Children by the age of eleven have a good idea of what their purpose is. Find a way to help others while fulfilling your purpose. When we choose to live our lives in this way, we open ourselves to all life has to offer.

<u>Choices</u> - You have a choice of what kind of person you want to be and what you want to accomplish in life. Without ourselves, we ultimately have little or nothing to offer.

Commitment - Be committed to all; that means the most to you. Be unstoppable and go the distance!

<u>Courage</u> - Do not be afraid; be bold, courageous, and strong, and take risks to get to what you want. Stand out and shine and be the star that you are.

<u>Cultivate</u>- Promote and nurture yourself and those around you. Keep cultivating love, learning, and laughter in your life and others.

<u>Challenge</u>- Take the road less traveled and take on challenges in your life. You will see greater results, if you challenge yourself daily to be a better you!