

The Monk Who Sold His Ferrari by Robin Sharma

- 💡 I am learning a lesson in the psychology of winning
- 💡 I recognize that real generosity toward the future consists in giving all to what is present
- 💡 I moment I stop spending so much time chasing the big pleasures in life, I begin to enjoy the little ones
- 💡 I have learned that everything happens for a reason; every event has a purpose and every setback is a lesson
- 💡 I never regret my past; rather, I embrace it as the teacher that it is
- 💡 I will eventually transcend my dreams - and get new ones
- 💡 The twin disciplines of personal mastery and self-responsibility keep me from the chaos of crisis
- 💡 I know that success on the outside is meaningless without success within
- 💡 Self-mastery and consistent care of my mind, body and soul are essential to finding my highest self and living the life of my dreams
- 💡 I invest regularly in myself to profoundly improve every waking moment of the rest of my life - and of those around me
- 💡 My vision becomes clearer as I look into my own heart
- 💡 I protect my mind and nurture it with only the best information
- 💡 I focus on all the good in my life and think of ways to make things even better
- 💡 I know that mental mastery comes through conditioning; and is the essence of life management
- 💡 My outer world reflects the state of my inner world
- 💡 By controlling the thoughts that I think and the way I respond to the events of my life, I control my destiny
- 💡 I never judge events as positive or negative; I simply experience them, celebrate them and learn from them
- 💡 I condition my mind to translate every event into an empowering experience; and replace every undesirable thought with an uplifting one
- 💡 I vividly imagine what I desire in a state of total expectancy; awakening my awareness to all possibilities
- 💡 I enjoy the process of personal expansion and growth
- 💡 The less I focus on the end result, the quicker it will come
- 💡 I recognize that concentration is the root of mental mastery
- 💡 I know that the best thing I can do for myself is to regularly move beyond my comfort zone
- 💡 I think deeply and genuinely about how I can improve my next day - recognizing that small improvements produce lasting results
- 💡 I spend time each day in the practice of creative envisioning; using positive images to influence my mind
- 💡 I know that there is nothing noble about being superior to some other person; true nobility lies in being superior to my former self
- 💡 I recognize that fatigue is a creation of my mind; occurring when I'm living without direction and dreams
- 💡 My interest and mental focus give me energy
- 💡 I strive to improve the lives of others; knowing that my own will be elevated to its highest dimensions
- 💡 I find inner peace and outer fulfillment through serving others
- 💡 The purpose of my life is a life of purpose; true happiness from pursuing worthwhile dreams
- 💡 I have a heroic mission and have been granted a unique set of gifts and talents that enable me to realize my purpose
- 💡 I experience the power of setting clearly defined, purposeful goals and, most importantly, the character power to act on them
- 💡 I allow my mind to filter out those things that are unimportant on my journey to purposeful outcomes
- 💡 I never HAVE to do anything; I do what I do because I want to and because I know they are the right things for me to do
- 💡 I set a clear vision of my outcomes, create positive pressure to keep myself inspired, attach timelines, tap into the power of ritual and enjoy the process
- 💡 I strengthen myself ceaselessly
- 💡 I employ Kaizen (constant and never-ending improvement) in all areas of my life
- 💡 I maintain a beginner's mind and stay open to new concepts
- 💡 I build and maintain a strong character of discipline, energy, power and optimism so that I can have and do anything worthwhile
- 💡 I develop mental toughness and live each day with courage (doing what is right in the face of fear or opposition)
- 💡 The only limits on my life are those that I set myself
- 💡 I do the things I fear; and watch them get easier over time
- 💡 I renew myself regularly through solitude and silent reflection
- 💡 I breathe to thrive (deeply and fully to optimize oxygen flow and liberate energy reserves)
- 💡 I eat live foods to increase longevity
- 💡 I apply knowledge to convert potential power into real power
- 💡 I reflect regularly on my days to understand where I can improve and benefit
- 💡 I get quality rest each night; and reserve the first and last 10 minutes of each day for positive programming
- 💡 I smile; I laugh; I'm happy
- 💡 What would I do if today was my last?
- 💡 I speak positivity and growth to build my self-image
- 💡 I do small, but meaningful things to build my character each day
- 💡 As long as I have faith in my own cause and an unconquerable will to win, I will succeed
- 💡 I strengthen my power of self-control and discipline in building a richer, happier and more enlightened life
- 💡 I forge a will of iron by starting with small acts of personal discipline and building incrementally
- 💡 I leverage my willpower to keep my integrity, courage and peace
- 💡 I use self-control and discipline to live a life of freedom and infinite possibility
- 💡 I discard weak, negative thoughts; and focus only on those that are positive and good so that positive and good actions follow
- 💡 I am more than I appear to be; all the world's strength and power rests inside me
- 💡 I avoid the path of least resistance so that I build a stronger mind and character
- 💡 I set the mark higher and raise my standards continuously
- 💡 I know that well arrange time is the mark of a well-arranged mind
- 💡 I use time wisely to live a more productive and satisfying life (time mastery = life mastery)
- 💡 I anchor the most vital aspects of my life into my daily schedule to ensure a sense of meaning and peace
- 💡 I direct all of my time to those activities that count
- 💡 I am ruthless with my time; saying no to the little things so that I can say yes to the big ones
- 💡 I live a simple life

- 💡 I act as if failure is impossible
- 💡 The quality of my life will come down to the quality of my contributions
- 💡 I practice random acts of kindness; and watch my life become far richer and more meaningful
- 💡 I live in the now
- 💡 I never put off happiness for the sake of achievement