BIRTHDAYS

Juan Carlos Girandi 1

Mario Posada 2

James Chacon 4

Charles McCarty 17

Christopher Morson 18

Serge Uzan 24

MEASURING
 SUCCESS

As you review your gains and set backs of this past year. You might have attributed it to how well you slept at night. If you had not questioned your motives for your actions, you would have fallen asleep rather easily. Contrary, if you were not satisfied with your actions for the day, you possibly tossed and turned all night long. How was your slumber this past year?

 THOUGHT

Most people can stay motivated for up to two or three months. A few can even stay motivated for a longer period of two or three years. But, a winner can stay motivated for a period of thirty years, or as long as it takes to win.

 THE PROCESS

It is important to realize that you are constantly thinking. Think about your breathing. Until reading of this, you had lost thought of what you were doing. Actually, unless you were out of breath you had forgot about its occurring.

Thinking works in the same way. Because you are doing it, you forget that it is happening. And it becomes invisible to you.

Unlike breathing, however, forgetting that you are thinking can cause some serious problems for you. You may become angry, unhappy, or even stressful. The reason that this is true is that your thinking will always come back to you as a feeling. Try getting angry without first having angry thoughts. Try feeling stressed out without first having stressful thoughts. You can’t do it. The truth is in order to express a feeling, you must first have a thought that produces that feeling.

So, negative thoughts about your daily efforts can only produce negative

feelings.

Cont.

Remind yourself, it’s your own thinking that is negative. Not your life. It takes practice but you can get to the point where you replace those negative thoughts with ones that are only positive. Enjoy your new day.

 ANNIVERSARIES

Charles Kantor 2007

Richard Otis 2000

 REMEMBRANCES

Anniversaries for the most part, is the opportunity to celebrate the successes of the past year. Like, the one you are celebrating this month. In retrospect, do you find that some are more rewarding than others? What about the other ones that you might consider as being less self-satisfying? Do you recall certain setbacks during those years that you may capitalize on? Remember, different things take a long time, while impossible things take a little longer.