

## The Best Me

### When

I observe myself and the people I know and meet, it is easy to see that we have so much potential that is still waiting to be released and that it's possible for us to achieve so much more. One of my greatest responsibilities to myself is to be the best me that I can be and since I can't change anyone except me, my quest is simply to work on myself. To me, working on myself means...

### to create

myself to be the kind of person that I ideally want to be. When I am clear minded about the kind of person I want to be, working on myself becomes a passion and is fun. When I align my actions to my thoughts, the quality of my life instantly changes. Here are a few things I have learned so far along the way.

- Trust myself and know what I want– “Trust grows in me only when I honor my word to myself and others. The more aligned I am with my word, the more in touch I am with trusting that I am an inspirational example that will encourage people to work on themselves too. And, when I am certain about what I want, it gives me confidence and there is nothing more attractive and powerful than an egoless confident person.”

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Maintain an amazing self-image – “The way that I feel about myself is one of the most important relationships I have and that feeling is reflected in my relationships with everyone else. When I look in the mirror, I always know ”

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Know that life is a lesson – “I have gone through many great difficulties, and am often tempted to think, I'm not going to get out of

this. This is going to take a long time to change. I'm going to lose so much with this situation. When I look for the lessons I can learn, difficulties pass and I am always stronger and wiser from the experience."

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Be kind to people even when they aren't kind to me – "When I am kind and courteous, I can keep walking with a clear conscious and be happy."

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Encourage everyone – "When I am verbally optimistic about a situation when someone is doubtful, it changes their thoughts about the situation too."

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Wake up every day with enthusiasm even when I don't feel like it –  
"How  
I wake up in the morning sets me up for the whole day. When I purposely move faster and think about all I get to accomplish, it's exciting. I get to improve the quality of my life and the lives of those around me."