

4 Ways to think, speak, and act with purpose everyday

1. Remember

You've paused, listened, centered, and set your intention. Remember how you felt and the insights you gained from those experiences, and use them in critical moments.

2. Embrace Life

Challenges are simply part of life. By understanding and embracing life's challenges, you'll be able to face them head-on and mindfully.

3. Make A Choice

You have a choice to make every time you face a challenge. Will you resist the challenge or embrace it? Respond in a way that makes you feel balanced and in control of yourself.

4. Have A Purpose

It's important that your thoughts, words, and actions reflect your deepest intentions. If you set the intention to be more patient, notice if you're achieving this. If you're struggling, try to be more patient in your next interaction and do it with purpose.



UPRIGHT MOVEMENT
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