

# Action Guide

Stand Guard at the Door of Your Mind

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**Remember:** “Your mind is like a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth. If no useful seeds are put into it, then an abundance of useless weed seeds will fall therein, and will continue to produce their kind.

Good thoughts bear good fruit, bad thoughts bad fruit”. *James Allen*

## Reflections:

What do you **think** about yourself? \_\_\_\_\_

\_\_\_\_\_

What do you **think** about your relationships? \_\_\_\_\_

\_\_\_\_\_

Now, consider what you just wrote. Why do you think about yourself and your relationships that way?

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\_\_\_\_\_

Are you pleased with what you wrote? Surprised? Saddened? Anything you would like to change?

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\_\_\_\_\_

*Please realize that action is the key to making positive changes in your life. Without action, knowledge is lost. Inaction will not result in fulfillment, taking ACTION will!*

## Application:

Write 3 positive things about yourself and your relationships: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Read them multiple times throughout the day, especially when retiring at night and first thing when you arise. If you find yourself thinking negative things about yourself or your relationships, replace those thoughts immediately with your positive ones.

**You can do it, I believe in YOU!**

