



# MONDAYS

*with Mike*

## Twelve things we should be able to say about ourselves

Marc and Angel Chernoff in their book 1000+ Little Things Happy People Do Differently, share the following 12 things we should be able to say about ourselves.

While we may not be 100% with this list, it sure provides a “self-talk” road map!

1. I am following my heart and intuition. Don't be pushed by problems. Be led by our dreams.
2. I am proud of myself. Accept everything about ourselves. Everything!
3. I am making a difference. We can always do something for others.
4. I am happy and grateful. The lens we choose to view everything through determines how we feel about ourself.
5. I am growing into the best version of me. Wearing a mask wears us out. Faking is fatiguing.
6. I am making my time count. Time is priceless, but it is free. We can't own it, but we can use it. We can spend it, but we can't keep it.
7. I am honest with myself. We are the one person we can count on.
8. I am good to those I care about. Tell people that you love them – and show it. Love is an action verb, not an emotion.
9. I know what unconditional love feels like. Give love without the expectation of return.
10. I have forgiven those who hurt me. To forgive is to set ourselves free.
11. I take full accountability for my life. We are the only ones who control the outcomes in our lives.
12. I have no regrets. This one is the culmination of the first 11. Realize the everything is a lesson in disguise.

If we can score a high percentage on these 12, our life's road map will be on the right track!

Travel well this week!