

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: CHALLENGE YOUR THOUGHTS



Are you ready for some self evaluation? Recognizing our own faults can be hard but we challenge you to do just that.

"It takes courage...to endure the sharp pains of self discovery rather than choose to take the dull pain of unconsciousness that would last the rest of our lives."— Marianne Williamson, author, politician and activist

There have been a lot of uncomfortable moments these past few months as we weather several global events and as systemic racism has come to the forefront of conversation and news. But as Marianne Williamson said, it takes courage to endure the sharp pains of self discovery. I think that many of us can relate to this statement as we ourselves have felt the pain of this self discovery. Reflecting on our own biases and taking a deeper look at our own thoughts and actions is painful as it may reveal truths that we were previously blind to. But we must continue to challenge ourselves as it is through this self reflection and self evaluation that we will continue to build and improve both ourselves and our communities.

Practice Courage Today:



1. TAKE A MOMENT TO THINK ABOUT THE THOUGHTS THAT YOU'VE BEEN HAVING LATELY AROUND THE RECENT EVENTS.
2. WRITE THESE DOWN ON A PIECE OF PAPER.
3. NOW THAT YOU HAVE A CONCRETE REPRESENTATION OF YOUR THINKING PROCESS, CHALLENGE YOURSELF BY GOING THE EXTRA STEP AND LEARNING MORE ABOUT THE TOPICS BASED ON THESE THOUGHTS.
4. NOW COMES THE HARD PART, REFLECT ON DIFFERENCES BETWEEN YOUR THOUGHTS AND THE RESULTS OF THE RESEARCH YOU'VE DONE. DO THEY LINE UP? WHY OR WHY NOT? HOW HAS THIS CHANGED THE WAY YOU THINK ABOUT RECENT EVENTS?



Parent Practice Tip:

Share this process with your children, show them how to challenge their own thoughts and grow from self evaluation.

To Learn More:

What is Courage?
Self Awareness

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