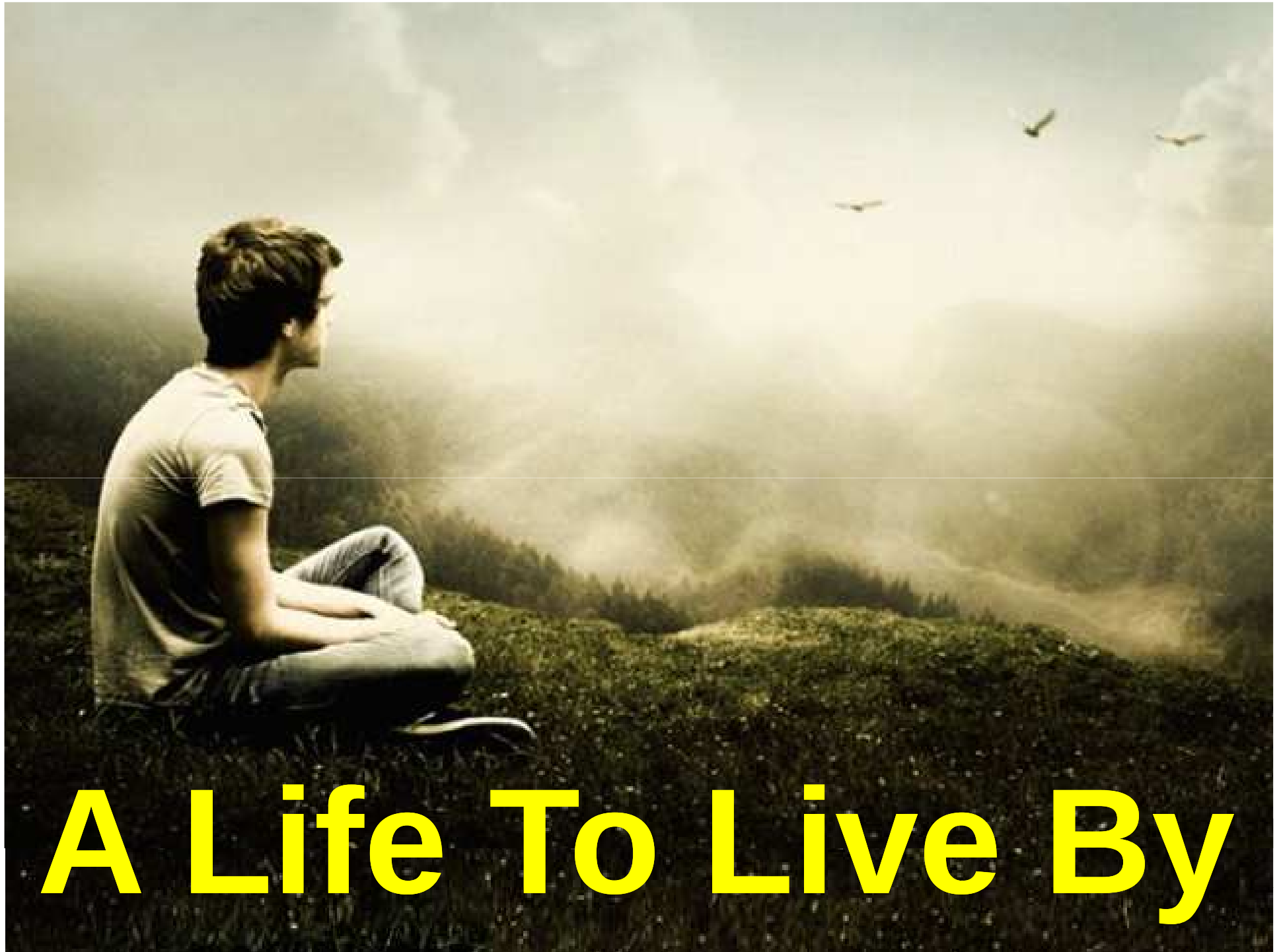


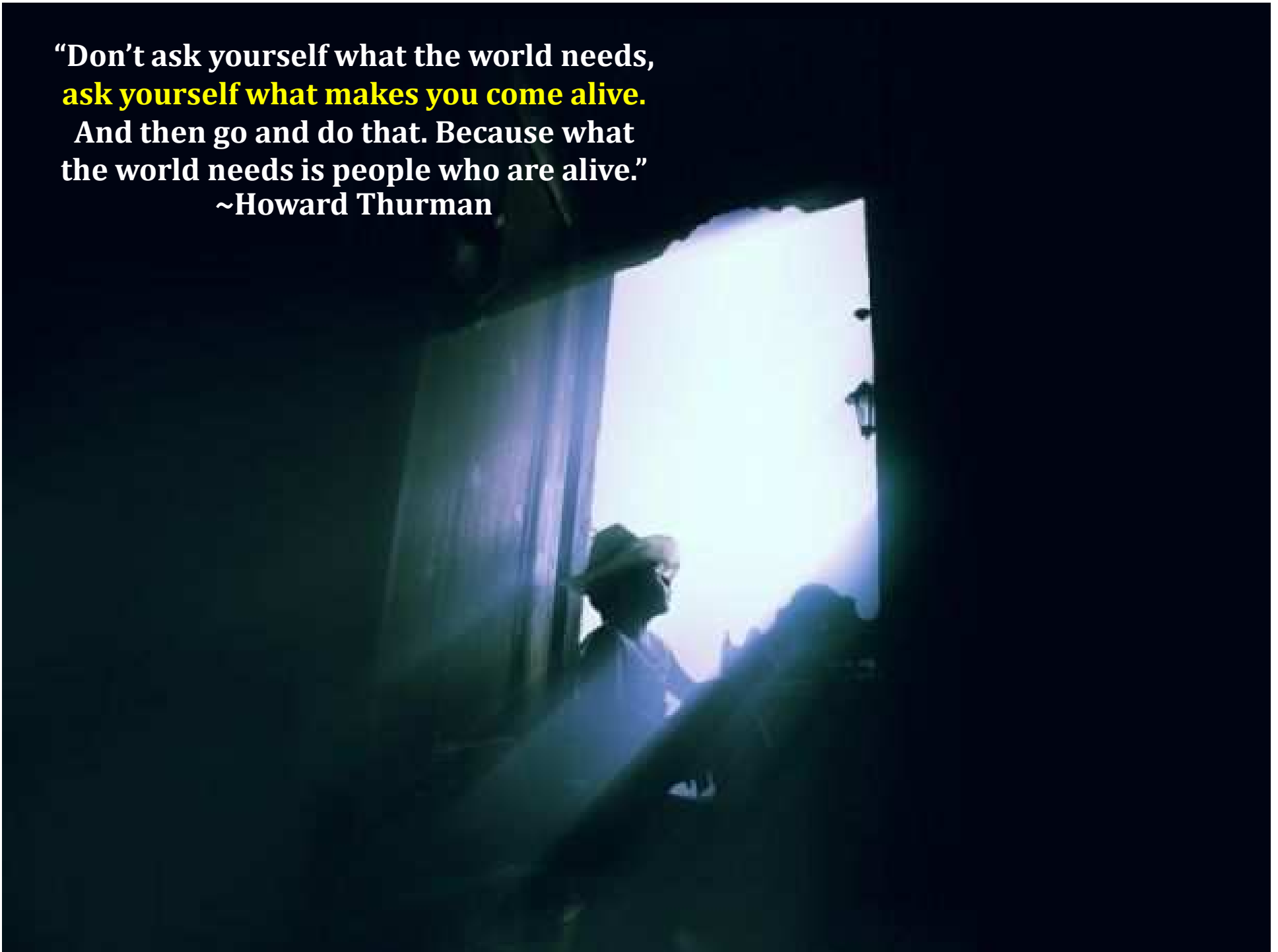


A Life To Live By

“Don’t ask yourself what the world needs,
ask yourself what makes you come alive.

And then go and do that. Because what
the world needs is people who are alive.”

~Howard Thurman





We crowd our mind with extras each day – **harmful self-talks, incessant worrying, attention-comprising multi-tasking, unnecessary busyness** – that muffle the simplicity we can be experiencing right now.

A bouquet of flowers in a clear glass vase sits on a windowsill. The bouquet includes purple delphiniums, red gerberas, yellow tulips, and white chrysanthemums. The background is a blurred view of a city street through a window.

Today, we can recognize, **we can allow what we are doing right now to be perfect.** And we can provide this most amazing gift -our attention- to our current action, to each of our conversations, to those we meet throughout the day.

We can choose our lives consciously by affirming we are love, we are humble, we are compassionate, we are creative, and so on. **We can live by setting our intentions.**





Take this moment to ponder how your intentions, your mindset, your strategy will create a conscious, fulfilling life.

Choose wisely, and then carry them, center them, deeply within.

We could begin to uncover the bliss of inner peace. We could show up, wholly, in everything that we do, deepening our connection to both ourselves and with others because **we're fully present with our attention.**



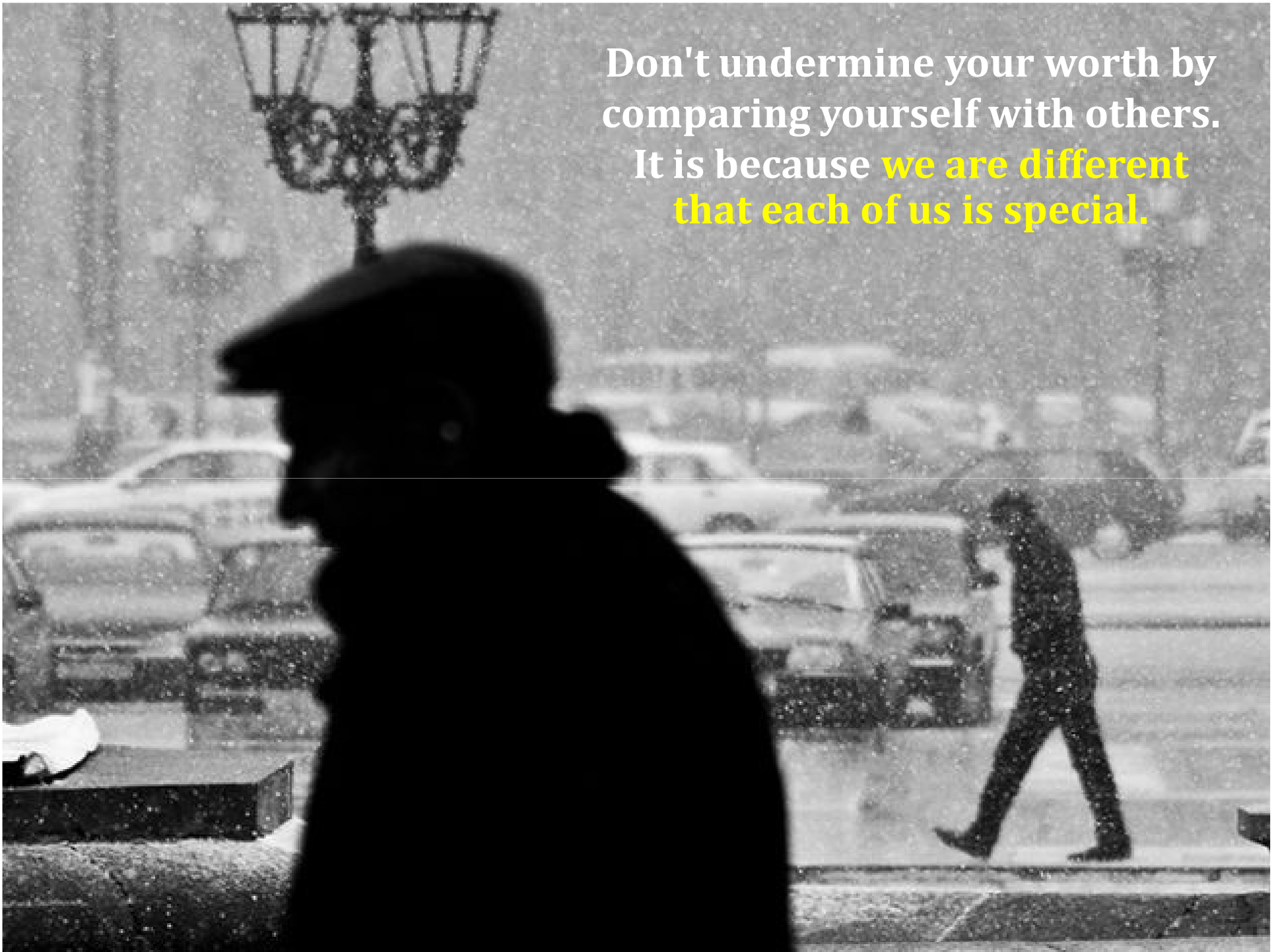


Life is filled with events and situations that **can challenge us to grow**, rethink our priorities, reconsider our options, re-examine our values and renew our principles.



Take one part of yourself, and make an easy commitment. Once you commit to a daily habit, you will be surprised at the positive energy that will help you on your way.

Don't undermine your worth by
comparing yourself with others.
It is because **we are different**
that each of us is special.





Don't set your goals by
what other people deem
important. **Only you know
what is best for you.**

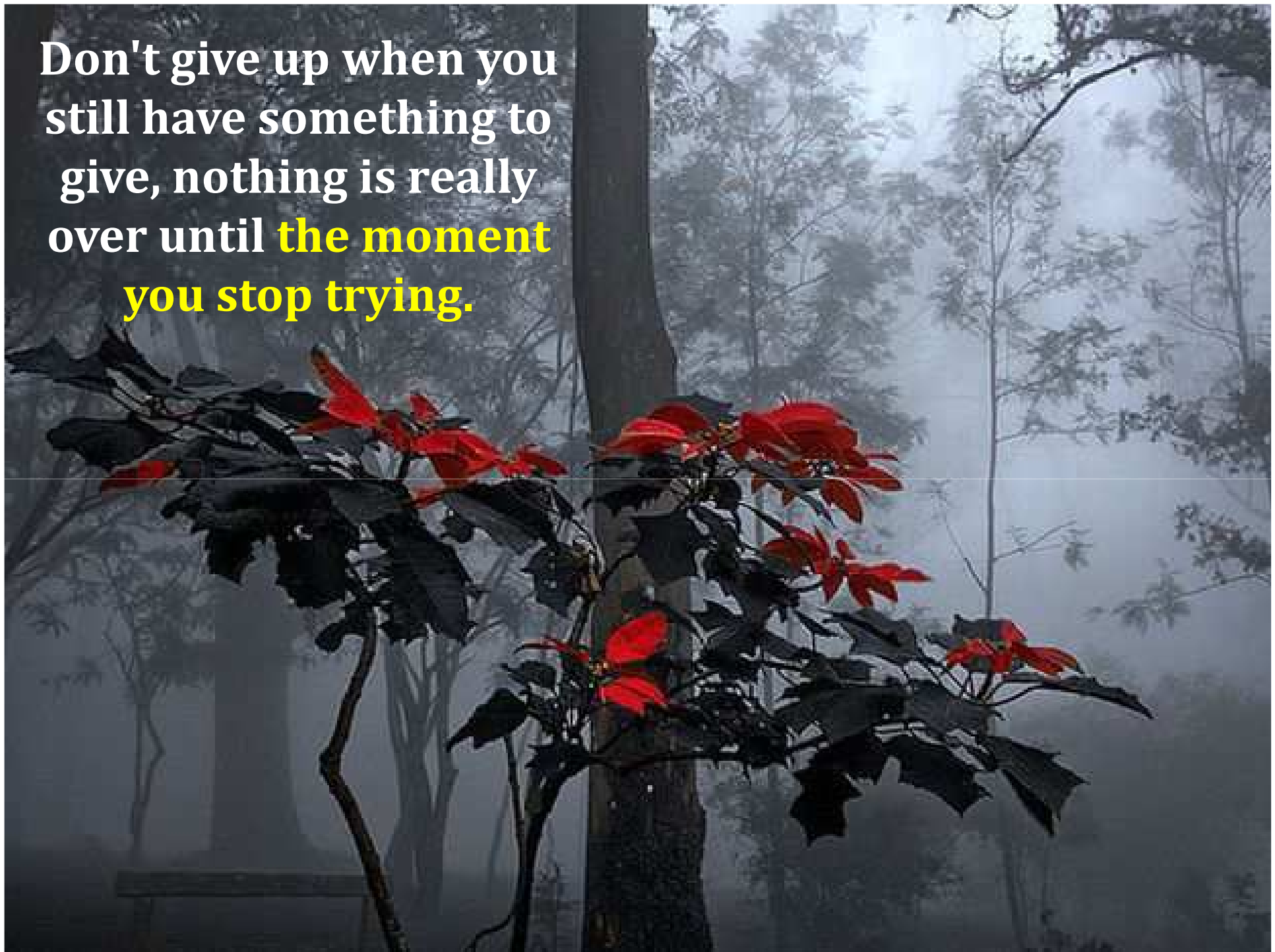
Don't take for granted the things closest to your heart. Cling to them as you would your life, for **without them life is meaningless.**



Don't let your life slip through
your fingers by living in the
past or for the future, **by living
your life one day at a time.**



Don't give up when you
still have something to
give, nothing is really
over until **the moment
you stop trying.**



A person wearing a top hat with red and white stripes and a blue band with a white star, looking through a crowd. The hat is a stylized version of Uncle Sam's top hat. The person's face is partially visible, showing their eyes and a dark beard. The background is a blurred crowd of people.

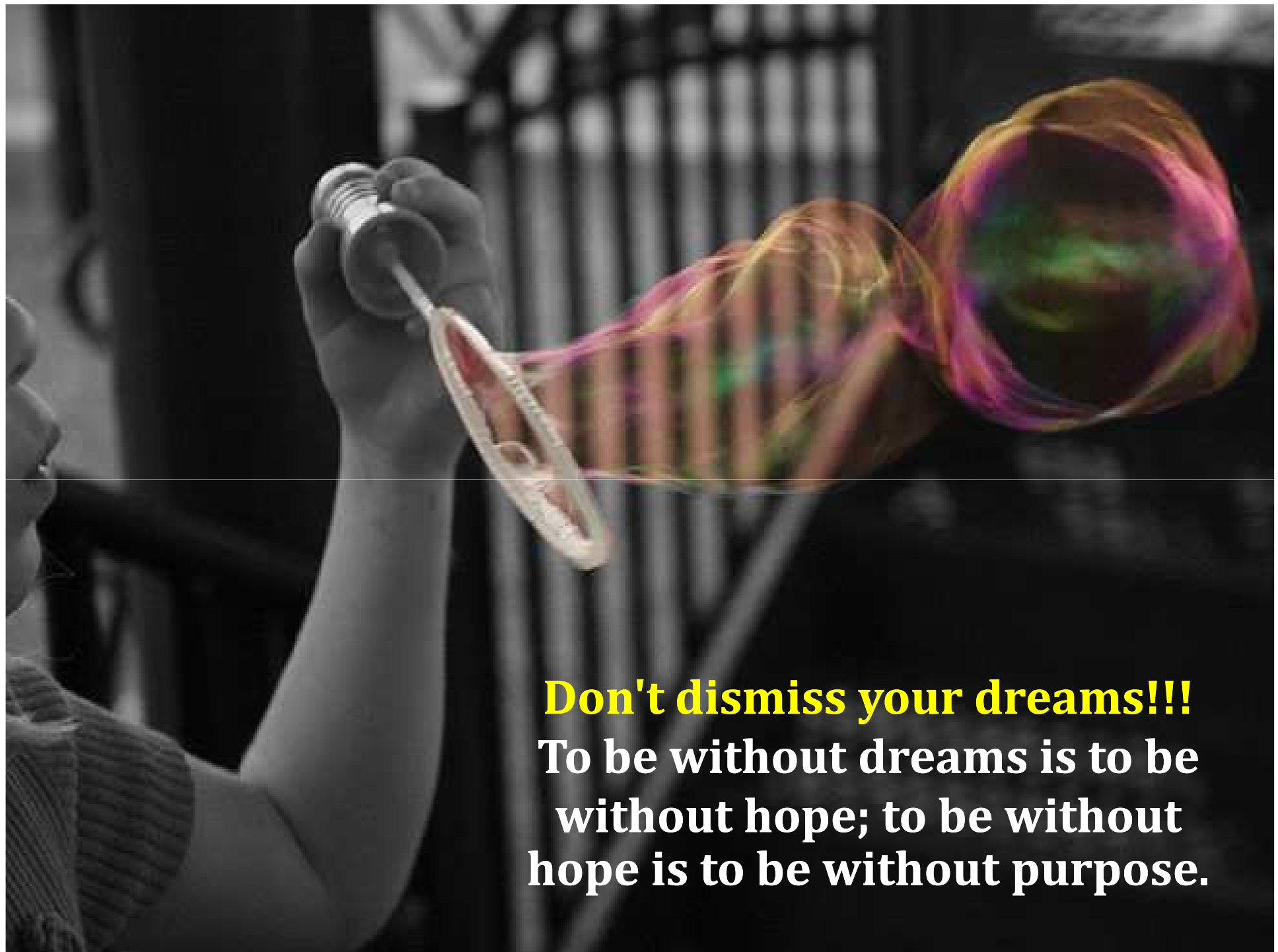
Don't be afraid to admit
that **you are less than
perfect.** It is a fragile
thread that binds each
of us to each other.

Don't be afraid to encounter risks. It is by taking chances that **we learn how to be brave.**





Don't shut love out of your life by **saying it impossible to find**. The quickest way to receive love is to give love; The fastest way to lose love is to hold it too tightly; And the best way to keep love is to give it wings.



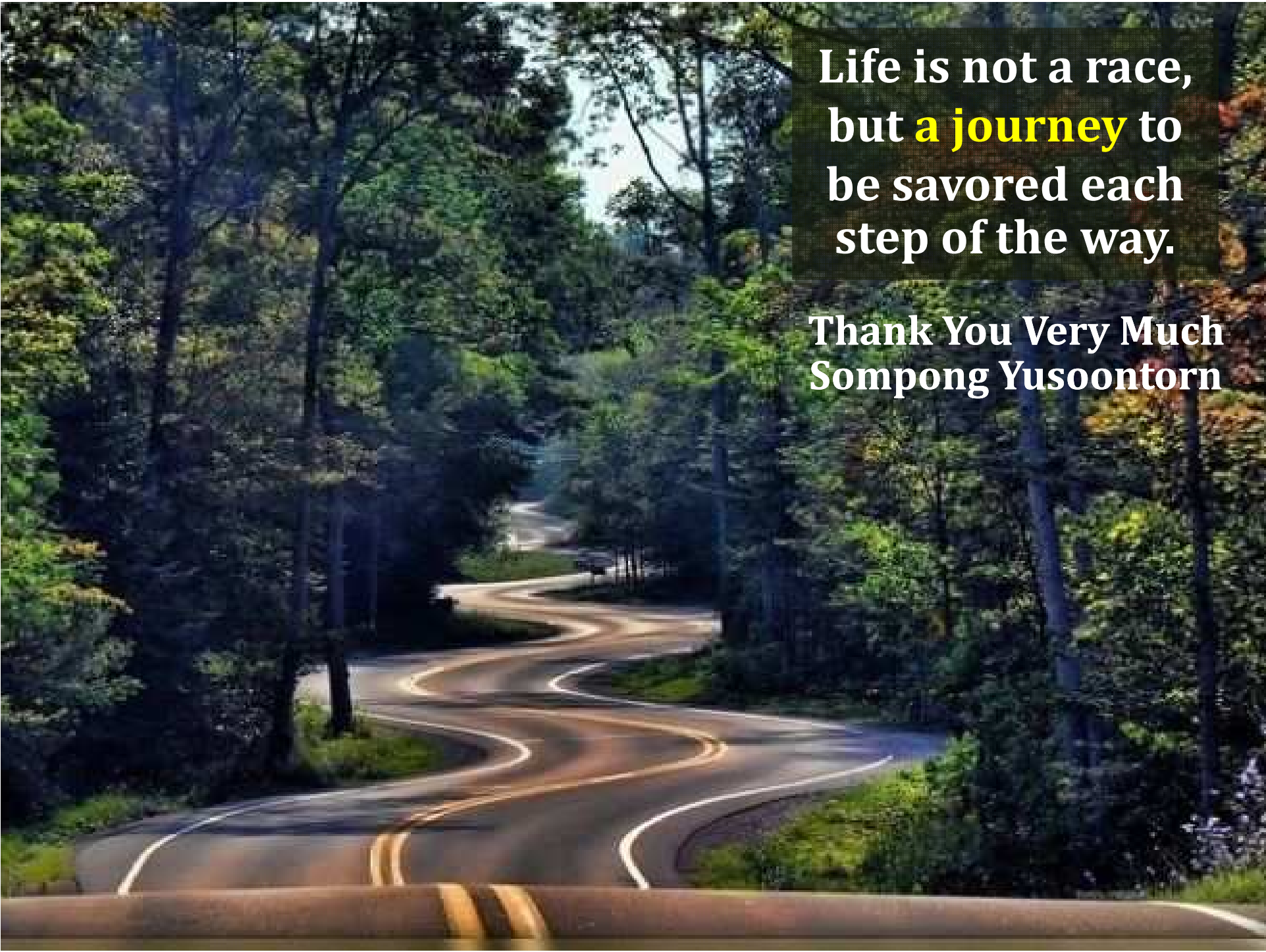
Don't dismiss your dreams!!!
**To be without dreams is to be
without hope; to be without
hope is to be without purpose.**

Don't **run through life so fast** that you forget not only where you have been but also where you are going.



As you become more and more alive, **the breadth and the depth of your contribution will grow and grow, and so will your joy.** Let yourself live and grow so that your whole life flows to love and serve others.



A photograph of a two-lane asphalt road with yellow double lines, winding through a dense forest of tall trees. The road curves to the right and then left, disappearing into the distance. The trees are mostly green, with some autumn-colored leaves visible on the right side. The lighting suggests it might be late afternoon or early morning, with soft light filtering through the canopy.

Life is not a race,
but **a journey** to
be savored each
step of the way.

Thank You Very Much
Sompong Yusoonporn