

The Original Artist

Human beings think between 12,000 - 60,000 thoughts every day. According to researchers, repetitive thinking amounts to 95% of all thoughts - 85% are negative - often worrying about things that actually never happen. **Our thoughts help make us who we are.** Lao Tzu, an ancient Chinese philosopher (500 BC), said: "Watch your thoughts, they become your words; Watch your words, they become your actions; Watch your actions, they become your habits; Watch your habits, they become your character; Watch your character, it becomes your destiny."



How can we become more aware of our thoughts? Stop, LISTEN, and write down your thoughts. Look at them and ask yourself, "Are these thoughts beneficial for my life? Will they help me to become the person I want to be?" Become aware of what you hear, see, read each day. No one can control what you think - or take responsibility for your thoughts. Only you can. It is a worthwhile effort to love yourself and invest in your well being. You will be with you for a long, long time. ♥

