

FYP: A Quick Reminder: LOVE

Hank Van Joslin

Within you there is a power to achieve and accomplish whatever it is you set your mind to do. You may also become whomever you wish to become. All it takes is one small step each day toward the dream of reaching your goal.

Pace yourself. Try picking an important thought or action, then, step-by-step, work through it. With each day, you will get closer to where it is you want to be.

On love. Are you on track by loving those closest to you? If you are not, take a moment to discover all the reasons you love those closest to you. Ask yourself, how are you expressing this love to these important people in your life?

Step One: learn to love yourself



Step Two: appreciate the good in everyone

Step Three: start thinking about how you go about showing others you care

Step Four: put step three into action

Surprisingly, it is much easier than it sounds, as we are made to love one another. So, start out slowly, pace yourself and then get ready for the most fulfilling aspect of life.

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