

Today's Thoughts: November 21, 2020: Take a High Jump



## Take a High Jump

Instead of breaking the rock of problems with the hammer of waste thoughts, take a high jump and become one who crosses over the rock of problems.

## **Motivation – The Life Driving Force (Part 1)**

**Motivation is the driving force behind our thoughts, feelings, words and actions which transfers us from one reality to another, from where I am to where I wish to be.** It is an inner positive energy, a combination of enthusiasm and clear perception that enables us to accomplish a task or overcome a challenge. It is the desire to be continually interested and committed to a task or to attain a goal or cross a difficult situation.

Our thoughts really do color our perceptions, and affect our motivation levels in many ways. What thoughts are in your mind today? Which thoughts are weighing you down? **Have you ever turned over the exam papers of life - challenging situations, overpowering situations, disturbing situations, de-motivating situations; looked at the questions that life throws at you and wondered if you are sitting the right test?** Or glanced through these papers of life and only see questions or aspects you aren't equipped at handling? Or worse still, know that you once knew the answers to these questions but frustratingly, those nuggets of spiritual wisdom, required to overcome these situations are now out of reach no matter how far into the back of your mind you grope, causing emotions of worry, frustration, fear, anger, discouragement, depression, panic and hopelessness to erupt inside you?

(To be continued tomorrow ....)

## Openness to learn brings progress.

When someone corrects me or gives me any advice or suggestion, I am usually not willing to listen to them. After putting in a lot of effort, I normally feel I have done the task to the utmost perfection and so am not able to listen to any suggestions from anyone. But with this kind of attitude I am not able to learn and progress. I need to keep my mind constantly open to learning in order to experience progress. With this attitude I can learn from everything that happens. And thus I will be able to bring improvement in each and every task that I do.

## Message for the day

### To be happy is to be living.

**Though to Ponder:** The true blessing of life is happiness. To be happy is as simple and necessary as breathing. Just as I don't forget to breathe, I shouldn't forget to be happy. Just as breath is life, happiness too is the true life. My lifespan is counted based on the number of moments I live happily.

**Point to Practice:** Today I will be happy and I will accumulate precious moment of happiness in the piggy bank of my soul. The more number of happiness I collect, the richer I will be. So today I will collect as much as I can.