

Daily Positive Thoughts: July 20, 2017: Transform Regrets



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## Transform Regrets

Transform regrets into realizations and therefore ensure that what could become waste is made into something worthwhile.

## **8 Keys To Success For Facing Exams (Part 2)**

A very important way of remaining stable in the days before exams and the exam days is **keeping a positive thought of success and repeating it in your mind a few times in the day**. This could be done starting from the morning as soon as you get up and ending in the night just before you go to sleep. Positive affirmations reduce your fear and increase your confidence. This could be done for 10-12 times in a day. Secondly, **always remember that God, who is the most powerful energy in the world, is my constant companion at every step. Also, if I remember God a lot and leave the responsibility of my exam performance to Him, I will not get stressed myself**. Say to yourself while studying - *God, you are my best friend and companion and I hold your hand to take me to my destination of success*. In this way, I will remain extremely light. Experience God is sitting with me while studying and while giving the exam and you will not only remain light but you will perform in your exams with immense satisfaction and success.

**Another method of remaining powerful and focused mentally during exams is keeping a dream in your mind and bringing it alive**. Always think that I will stand first in my class or school or college. Even if you have many friends or student colleagues who are better in their studies, dream big. A positive dream will become reality when filled with the energy of hope and determination. Fourthly, **always think and believe that the good wishes of all my close loved ones are with me**. The ones who have the blessings and positive energy of many people behind them, are more successful. So ensure that all the people you come in contact with, including your family members and close friends are giving you their support and love at all times. Also, take the help of your teachers and ensure that they are always thinking positively about your performance and always persuading you to do well.

(To be continued tomorrow ...)

## Lightness

Lightness is like hitting a spring of water inside. A sudden break out from the dryness of your normal reactions as you begin to express from within, rather than just responding to what you see outside. It usually happens when you come upon a quality that hasn't been destroyed or jaded by time, something very old and inherent in you that has survived. Most qualities and talents are developed through use, but are also in some way diluted and changed. Lightness is touching what makes you unique, because it has never changed.

### Message for the day

**To check accurately and change instantly is the method to win over weaknesses.**

**Thought to Ponder:** In any given situation, if I am having negative thoughts, it means I need to bring about a change in some way. So, I need to check accurately, what in me needs to be changed to see things in a positive way. Once, I do this checking, I also need to work on bringing about a change instantly. That is how I move progressively towards removing my weaknesses.

**Point to Practice:** Today I will look within and see what the real cause of my weaknesses is. The source could be jealousy, inferior feelings, comparisons, dominance or any other weakness. So, today I am going to find out what aspect in me people are not comfortable with. And today I am going to work on changing that.

*In Spiritual Service,  
Brahma Kumaris*