

Daily Positive Thoughts: July 21, 2017: Every Word Is Precious



## Every Word Is Precious

Let me fill every word that I speak with love, wisdom and honesty  
and then be confident that the truth will reveal itself, just as a  
diamond will sparkle even in the dust.

## **8 Keys To Success For Facing Exams (Part 3)**

While facing exams, always keep a check on your concentration and ability to focus while studying. Check yourself – Am I taking too long to finish studying or revising a chapter in my course? If yes, check the number of thoughts in your mind. They are not only more in number but many of them are unnecessary and unrelated to my studies – may be of the past or the future or of other people. **Reduce these unnecessary thoughts by stopping your studies and remaining silent for 1 minute every hour during the day and giving that short period of time to meditation.** You can learn meditation at any Brahma Kumaris center for that. Also, **remind yourself that you are not only studying for yourself but are also fulfilling the aspirations and hopes of your loved ones.** These include your parents and other family members and friends. This will make you responsible and focused and you will look at the exam period and the time before that with seriousness.

**The seventh key to success for facing exams is love for your studies. Do remember that everything I learn in my school or college or while studying for any exam even after that, is not only for achieving success at that time.** It is also for becoming more and wiser with knowledge and becoming a better person with good virtues. If you want to give happiness to a lot of people in your life, it will be through your nature full of good qualities and your knowledge. Both of these become better by studying with sincerity and doing well in exams. **Lastly and the eighth key to success is reducing the exam pressure by reading at least one page of spiritual wisdom or knowledge every morning.** This could be done before you begin your studies. This will keep you calm, relaxed and positive throughout the day. Remember the mind is like a blotting paper early in the morning and whatever knowledge of positivity you give it, it will absorb very easily and fast. That will keep you full of positive information in the day and also keep your mind and attitude to your studies positive and full of sure success.

## Listen in Silence

What is an anagram of listen? Silent.

Silence accentuates listening. When you listen, refrain from speaking and also still the noise in your mind.

Listen. Listen with an open mind and you'll hear the words. Listen with your heart and you'll understand what the words mean. Listen and you'll enrich what you have to say.

## Message for the day

**To celebrate achievements is to get the motivation to do more.**

**Thought to Ponder:** Normally, we expect great achievements from ourselves or from what life offers. As soon as we sow a seed, we expect instant fruits. In fact, that is not possible. We need to first celebrate small little achievements, which will of course lead us to bigger things. But, first it is important to acknowledge those little steps and appreciate them. Then, I will be able to enjoy the journey of life.

**Point to Practice:** Today I will move forward. Whatever is my aim, I will make effort to go one step closer to it. Today I will do something to take me closer. Not only that, I will also watch with detachment and see the beauty of my journey and the milestones I have already achieved. So, today I will take the inspiration to keep moving forward.

*In Spiritual Service,  
Brahma Kumaris*