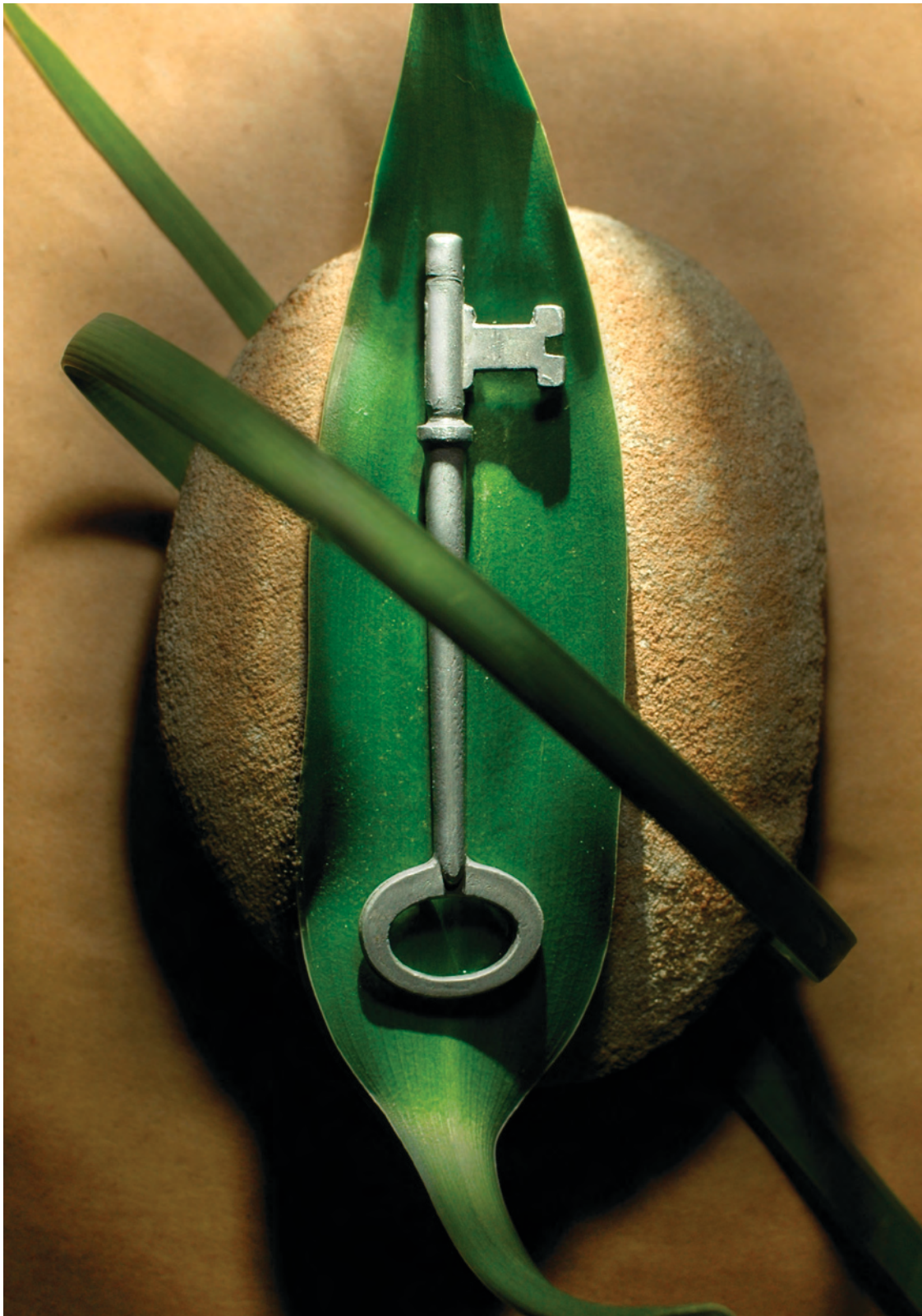


Revvellutionize Your Life in 30 Days

A SELF-EMPOWERING PLAYBOOK

Revvell P. Revati



www.REVVELLATIONS.com

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A SELF-EMPOWERING PLAYBOOK

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Dedication

To Bo ~ my husband, my lover, my best friend; Rocannon MacGregor without whom I'd not be here today; Wanna Zinsmaster ~ a true friend.

Acknowledgements:

Rocannon MacGregor had more faith and insight into me than I did. He stuck with me when most everyone else gave up any idea of my ever leading a productive life. Thank you for sticking with me when almost everyone else abandoned me.

Wanna Zinsmaster ~ always my support. You listened when I needed to talk; gave advice when I needed that. Always the zenmaster.

Joella Weil ~ Many moons ago I'd come home from work and there'd be food on my patio. Thank you for thinking of me wayyyyy back when I couldn't think of anyone but myself.

Marga Madhuri ~ Whew! Well, what to say? I was hell to live with yet, I'm glad we're still connected and we get to see each other grow and flourish.

Nathaniel Branden ~ you paved the way.

Osho ~ kept me in the work and keeps me going today.

Kenneth Johnson (Pasadena City College) ~ you'll probably never see this yet, I give you credit as being one man who saw below my rough exterior to what was really inside. You protected me from the gossip, had faith that I could do what was asked and never abandoned me. Thank you.

June Davidson ~ the *Champagne Diva* who celebrates life in her own special way ~ for getting me focused so I could begin writing and speaking my life. Thank you for your encouragement, your ideas and your joie de vivre.

Last but never least, my one and only **Bo**-man.

Preface

When it comes to changing or transforming, many people never learn the options they have. At one point in my life I realized I was REALLY angry. My father had died when I was 12 and I blamed my mother for his death; I was angry he'd left me alone...with people I didn't like, yet it took YEARS before I realized that this anger was stopping me from having loving supportive relationships with men and women ~ even working ones. (My bosses were all men and I couldn't hold a job for longer than 3 months.)

Once I realized that I was really angry AND what a waste of time and energy it was (it really wasn't going to change my circumstances), I made a conscious decision to utilize that anger as fuel for joy and happiness. Once I made that decision I found how much energy it takes to continue holding on to anger. Even with the amount of energy it takes to maintain an awareness of joy and happiness, it didn't compare to the energy it took to hang on to anger.

I've created this work/play book (make it FUN!) so people can begin realizing what they are doing to themselves AND change that.

I spoke above about anger yet, anger is a cover-up for fear. I was unconsciously afraid men would abandon me as I felt my dad had. I was afraid of ever feeling that pain again so, I turned it into anger. THAT emotion I could handle ~ until I realized it was stopping me from being, doing and having all I said I wanted.

Since acknowledging my fears and my sadness, and taking the energy I used to keep those going, I've since turned my life around. This playbook is to assist you in doing that as well.

Play with it; enjoy the process. If you need assistance, I am available through private coaching and teleclasses. Information on these can be found at: www.Revvellations.com.

Injoy,

A handwritten signature in black ink that reads "Revell". The script is fluid and cursive, with the first letter 'R' being particularly large and stylized.

Introduction

Sentence Completions:

I must give Nathaniel Branden appreciation for this system from his book, "The Psychology of Self-Esteem." They have helped me and my clients get clear quickly on what it is we need to focus on to achieve our goals and outcomes.

To do the completions, one writes or says the sentence stem then completes it with a different ending each time.

For instance:

This morning I am appreciating ~

- 1) being home safe
- 2) options and opportunities
- 3) being responsible for my life

Appreciation Pages:

Every morning, before beginning your day, complete the A.M. appreciations page. It is there to begin your day in appreciation. These may be hard to do at first because it's just not what we've learned to do ~ live in appreciation. After you've done 30 days of daily appreciations, I'd love to hear from you.

Examples are:

This morning I am appreciating:

- 1) getting up under my own power
- 2) living in a relatively safe place
- 3) enough money for today ~ and then some
- 4) choosing to be happy and seeing how it manifests
- 5) getting up early enough to do this for the last 3 days
- 6) hot and cold running water
- 7) someone who loves me
- 8) my health
- 9) that health can improve
- 10) books and music

The P.M. appreciations might be for you alone ~ how you appreciate yourself for choosing to do something differently today ~ whether it was changing your attitude about something; finishing a project you've been procrastinating on; taking time for yourself, etc. IF you didn't do anything different, be sure to not beat yourself up about it. Find other things to appreciate including that you are doing appreciations; you've got a roof over your head; you're taking baby steps and it's in your consciousness, etc.

These pages are not supposed to be causing guilt. They are supposed to be nudging you into where you say you want to go; doing what you want to do; being who you want to be.

Fear Pages:

Many people have told me they don't wish to focus on their fears. This is not about focusing on them so much as bringing them up and acknowledging them. Fears are our saboteurs. If/when we ignore them they will subtly undermine all the good we do. Once they are brought to light, they can be transformed into fuel and support for our creative endeavors. I'm afraid ~

- 1) I'll die without having lived
- 2) people will love me only for my money
- 3) I'll succeed and not be able to sustain my success
- 4) I'll try and fail
- 5) s/he won't love me
- 6) I'm going to get fired and not be able to care for my family
- 7) I don't know who I am
- 8) having money will change me
- 9) of myself (this one actually came up for someone)
- 10) of being happy

Fears should be done before the appreciations. You always want to end with the positive. I prefer to do mine in the evenings before the evening appreciations. You can do them before the a.m. ones OR before the p.m.'s. Your choice.

Do as many as you can in one sitting. Don't let the lack of lines stop you. There are extra pages at the back of this book for notes, more fears, joys, accomplishments, desires, etc. This is your journal. Go for it! Play with it! Enjoy it!

Daily Choose Pages:

I suggest you leave this book open on the choose pages or mark them for easy access so that when you make a choice you can write it down. The purpose in doing this is so that at the end of the day you can note your progress. Most of us forget all the wonder-filled changes we've made unless we have written proof.

When you write your "choose" pages, listen to what the monkey mind has to say. If it says "should" ~ you might question whether you "should" heed its advice. Certainly when you've been procrastinating on a project you promised and time is running out, maybe you "should" get it done rather than doing something else. Then again, in many cases, if things come down to "should", maybe you "shouldn't" have accepted the assignment and next time a project comes along where you hear "I should" ~ listen ~ and feel if there's an "I want" in there. If not, pass. If it's an "I should" pertaining to work and you feel that if you don't do it you'll not get the raise or promotion you've been wanting, you may wish to consider the work you do and if this brings you joy and happiness. (Yes, I understand it will

bring in a paycheck yet, how long do you "choose" to work only for the money and not for the pleasure of contributing to something you enjoy?)

Another thing with work is, you may choose to change your mind about it. Like many, maybe you've fallen into the trap that you're not suppose to enjoy work; you're not supposed to be thrilled that you have a good paying job (if that's what you have) that you really do enjoy yet, because of the attitudes of people around you you've forgotten that. If you choose to say "no" will that make you a "bad" person? In whose eyes? Do you feel that taking care of yourself first is wrong or it makes you bad? If this is an issue for you, you may wish to get some therapy or coaching to assist you past that obstacle.

Examples of the choose pages might be:

For work/school:

At this time, instead of playing games on the computer, I choose to do what I'm getting paid for.

At this time, instead of responding to personal emails at work, I choose to live within my integrity and get my work done.

At this time, instead of running out the door, I choose to stay late and help out while creating extra income.

At this time, instead of procrastinating, I choose to finish my work ahead of time.

At this time instead of slacking on my job, I choose to do the best I can to make myself and the company I chose to work for, look good.

For health/self-care:

At this time, instead of volunteering for one more group, I choose to say "no".

At this time, instead of coming home hungry from work, I choose to have good food available so I'm not tempted.

At this time, instead of doing more work, I choose to take time for me.

At this time, instead of eating that donut, I choose to eat an apple.

At this time, instead of drinking a milkshake, I'll make a green smoothie.

At this time, instead of sleeping one more hour, I choose to get up and work out.

At this time instead of going out I choose to stay home and read.

At this time, instead of staying in, I choose to go out and have fun!

At this time, instead of dressing down, I choose to dress up.

At this time, instead of dressing up, I choose to dress casually.

At this time, instead of thinking about disease, I choose to focus on health.

General (these can work into any of the other categories depending on perception):

At this time, instead of rationalizing my responsibilities away, I choose to do what is essential.

At this time instead of answering the phone, I choose to let the answering machine handle it.

At this time, instead of watching t.v., I choose to do something that benefits me such as (fill in the blank) fill in my workbook; do a chapter on my book; get out and take a walk.....

At this time, instead of reacting I'll respond.

At this time instead of ignoring something on the floor, I choose to pick it up.

Family:

At this time instead of saying no to my children, I choose to say yes.

At this time, instead of crying (or yelling, ignoring, etc.) when he yells, I choose to listen intently to what he wants to say.

At this time, instead of nagging about his drinking I choose to ignore him and take care of myself.

Finances:

At this time, instead of spending \$5 on a cup of coffee, I choose to make my own (or make something healthier) and put the \$5 into the piggy bank.

At this time, instead of going shopping and spending money when I feel depressed, I choose to do appreciations, dance, cry and celebrate whatsoever.

At this time, instead of spending any extra money I choose to invest it.

At this time, instead of blaming my parents for my financial position, I choose to change my attitude and take responsibility so I can change it.

At this time, instead of blaming (fill in the blank) for where I am and what I do, I choose to take responsibility and do what needs to be done to have what I want to have and do what I want to do.

Personal Growth:

At this time instead of being arrogant, I choose to be humble.

At this time instead of being greedy, I choose to share.

At this time, instead of being prey, I choose to be self-confident.

At this time instead of being a predator, I choose to be kind.

At this time instead of treating myself poorly, I choose to treat myself well.

At this time instead of finding fault, I choose to find potential.

There are any number of things one might choose to make a difference in one's life. AND it doesn't have to be a big thing although, at the time, it might be a big thing to YOU. You tell someone else and they'll say, "so what?" For them, it obviously isn't an issue yet, if it's keeping you from being you, from speaking your truth, by living your life, it is a big thing... yet, not SO big that you wont be able to see your way around it.

Classes, seminars, workshops and teleclasses centered around this work/playbook may be found at:
www.Revvellations.com.

A. M. Appreciations • DAY # ___ / ___ / ___

This morning I am appreciating:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
- 11) _____
- 12) _____
- 13) _____
- 14) _____
- 15) _____



"Saying thank you is more than good manners. It is good spirituality."

Alfred Painter

Daily Choices

"The real dividing line between things we call work and the things we call leisure is that in leisure, however active we may be, we make our own choices and our own decisions.

We feel for the time being that our life is our own."

Anonymous

At this time, instead of _____

I choose to _____

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Daily Choices

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At this time, instead of _____

I choose to _____

My Fears

”There is no fear before and no fear after. We give our best.”

Rickie Lee Jones

I’m afraid :

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
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P. M. Appreciations

This evening I am appreciating:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
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- 6) _____
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- 8) _____
- 9) _____
- 10) _____
- 11) _____
- 12) _____
- 13) _____
- 14) _____
- 15) _____



*"Life can be seen through your eyes but it is not fully appreciated
until it is seen through your heart."*

Mary Xavier

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
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- 13) _____
- 14) _____
- 15) _____



"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful."

Buddha

Daily Choices

"Destiny is not matter of chance, it is a matter of choice; It is not a thing to be waited for, it is a thing to be achieved."

William Jennings Bryan

At this time, instead of _____

I choose to _____

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Daily Choices

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My Fears

"My biggest fear in life is fear."

Sheryl Lee

I'm afraid :

- 1) _____
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P. M. Appreciations

This evening I am appreciating:

- 1) _____
- 2) _____
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- 10) _____
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- 13) _____
- 14) _____
- 15) _____



"You have it easily in your power to increase the sum total of this world's happiness now. How? By giving a few words of sincere appreciation to someone who is lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime."

Dale Carnegie

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
- 2) _____
- 3) _____
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- 9) _____
- 10) _____
- 11) _____
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- 13) _____
- 14) _____
- 15) _____



"For me, giving thanks is a sign of appreciation and gratitude that also brings about a deep sense of peace."

Wally Amos

Daily Choices

"Faced with the choice between changing one's mind and proving there is no need to do so, almost everyone gets busy on the proof."

John Kenneth Galbraith

At this time, instead of _____

I choose to _____

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Daily Choices

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I choose to _____

My Fears

*"It is not death that a man should fear,
but he should fear never beginning to live."*

Marcus Aurelius

I'm afraid :

- 1) _____
- 2) _____
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P. M. Appreciations

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- 14) _____
- 15) _____



*"When showing appreciation, with heartfelt gratification,
words that come into mind. Thanks you're one of a kind."*

Anonymous

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
- 2) _____
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- 15) _____



"Appreciate everything your associates do for the business. Nothing else can quite substitute for a few well-chosen, well-timed, sincere words of praise. They're absolutely free and worth a fortune."

Sam Walton

Daily Choices

*"You have a choice. Live or die. Every breath is a choice.
Every minute is a choice. To be or not to be."*

Chuck Palahniuk

At this time, instead of _____

I choose to _____

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Daily Choices

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At this time, instead of _____

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My Fears

"To live a creative life, we must lose our fear of being wrong."

Joseph Chilton Pearce

I'm afraid :

- 1) _____
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P. M. Appreciations

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- 15) _____



"Next to excellence is the appreciation of it."

William Makepeace Thackeray

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
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"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

Albert Schweitzer

Daily Choices

*"I discovered I always have choices and sometimes
it's only a choice of attitude."*

Anonymous

At this time, instead of _____

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Daily Choices

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My Fears

"Fear is something to be moved through, not something to be turned from."

Peter McWilliams

I'm afraid :

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P. M. Appreciations

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"Wisdom and deep intelligence require an honest appreciation of mystery."

Thomas Moore

A. M. Appreciations • DAY # ____ / ____ / ____

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*"Gratitude is not only the greatest of virtues,
but the parent of all the others."*

Cicero

Daily Choices

"Character is the sum and total of a person's choices."

P.B. Fitzwater

At this time, instead of _____

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Daily Choices

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My Fears

"So fear helps me from making mistakes, but I make lot of mistakes."

Steve Irwin

I'm afraid :

- 1) _____
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P. M. Appreciations

This evening I am appreciating:

- 1) _____
- 2) _____
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*"You were given a gift of 86,400 seconds today.
Have you used one to say "thank you?"*

William A. Ward

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
- 2) _____
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- 15) _____



*"The hardest arithmetic to master is that which enables
us to count our blessings."*

Eric Hoffer

Daily Choices

"Your life is the sum result of all the choices you make, both consciously and unconsciously. If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being in charge of yourself."

Robert F. Bennett

At this time, instead of _____

I choose to _____

At this time, instead of _____

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Daily Choices

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At this time, instead of _____

I choose to _____

My Fears

"The fear of becoming a 'has-been' keeps some people from becoming anything."

Eric Hoffer

I'm afraid :

- 1) _____
- 2) _____
- 3) _____
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P. M. Appreciations

This evening I am appreciating:

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- 2) _____
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"Focus on what you're grateful for in your life. If you don't appreciate what you have, you won't get anymore...because the universe thinks it's not important to you, and therefore you don't need any more."

T. Harv Ecker

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
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"Gratitude is the fairest blossom which springs from the soul."

Henry Ward Beecher

Daily Choices

*"Happiness lies neither in vice nor in virtue; but in the manner
we appreciate the one and the other, and the choice we make
pursuant to our individual organization."*

Marquis de Vauvenargues

At this time, instead of _____

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Daily Choices

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At this time, instead of _____

I choose to _____

My Fears

*"We are afraid to care too much, for fear that the
other person does not care at all."*

Eleanor Roosevelt

I'm afraid :

- 1) _____
- 2) _____
- 3) _____
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P. M. Appreciations

This evening I am appreciating:

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- 2) _____
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*"The only people with whom you should try to get even are
those who have helped you."*

John E. Southard

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
- 2) _____
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"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John F. Kennedy

Daily Choices

"Power is the faculty or capacity to act, the strength and potency to accomplish something. It is the vital energy to make choices and decisions.

It also includes the capacity to overcome deeply embedded habits and to cultivate higher, more effective ones"

Stephen R. Covey

At this time, instead of _____

I choose to _____

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Daily Choices

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At this time, instead of _____

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My Fears

"And the things that we fear are a weapon to be held against us."

Ian Rush

I'm afraid :

- 1) _____
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- 3) _____
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P. M. Appreciations

This evening I am appreciating:

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*"We count our miseries carefully, and accept our
blessings without much thought."*

Chinese Proverb

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
- 2) _____
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- 15) _____



*"Let us be grateful to people who make us happy;
they are the charming gardeners who make our souls blossom."*

Marcel Proust

Daily Choices

*"Some choices we live not only once but a thousand times over,
remembering them for the rest of our lives."*

(...and often inaccurately often to our own detriment ~ Revvelli)

Richard Bach

At this time, instead of _____

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Daily Choices

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At this time, instead of _____

I choose to _____

My Fears

*"To fear love is to fear life, and those who fear life
are already three parts dead."*

Bertrand Russell

I'm afraid :

- 1) _____
 - 2) _____
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P. M. Appreciations

This evening I am appreciating:

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"Gratitude is happiness doubled by wonder."

G.K. Chesterton

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
- 2) _____
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*"Appreciation can make a day, even change a life.
Your willingness to put it into words is all that is necessary."*

Margaret Cousins

Daily Choices

"The ill and unfit choice of words wonderfully obstructs the understanding."

Sir Francis Bacon

At this time, instead of _____

I choose to _____

At this time, instead of _____

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Daily Choices

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My Fears

*"No one knows whether death, which people
fear to be the greatest evil, may not be the greatest good."*

Plato

I'm afraid :

- 1) _____
- 2) _____
- 3) _____
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P. M. Appreciations

This evening I am appreciating:

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*"Reflect on your present blessings, of which every man has many;
not on your past misfortunes of which all men have some."*

Charles Dickens

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

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- 15) _____



*"If the only prayer you said in your whole life was,
"thank you," that would suffice."*

Meister Eckhart

Daily Choices

*"For what is the best choice for each individual
is the highest it is possible for him to achieve."*

Aristotle

At this time, instead of _____

I choose to _____

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Daily Choices

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At this time, instead of _____

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My Fears

*"When you choose the very best people that exist,
you don't have to have fear."*

Linda Evans

I'm afraid :

- 1) _____
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P. M. Appreciations

This evening I am appreciating:

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*"Some people grumble because roses have thorns;
I am thankful that the thorns have roses."*

Alphonse Karr

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
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"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."

Melodie Beattie

Daily Choices

"Happiness and love are just a choice away."

Leo F. Buscaglia

At this time, instead of _____

I choose to _____

At this time, instead of _____

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Daily Choices

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At this time, instead of _____

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My Fears

*"But to be the best, you must face the best.
And to overcome your fear, you must deal with the best."*

Barry Bonds

I'm afraid :

- 1) _____
- 2) _____
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P. M. Appreciations

This evening I am appreciating:

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"Can you see the holiness in those things you take for granted--a paved road or a washing machine? If you concentrate on finding what is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul."

Rabbi Harold Kushner

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

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- 15) _____



"The deepest craving of human nature is the need to be appreciated."

William James

Daily Choices

"Choice of attention ~ to pay attention to this and ignore that ~ is to the inner life what choice of action is to the outer. In both cases, a man is responsible for his choice and must accept the consequences, whatever they may be."

W. H. Auden

At this time, instead of _____

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Daily Choices

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My Fears

"Live your life that the fear of death can never enter your heart."

Tecumseh

I'm afraid :

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P. M. Appreciations

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"I have discovered that when we least care to admit it, we feel more confused than thankful, more caught than called, more worried than gracious. In humble moments when we can no longer gloss over the roughness of life, gratitude has a way of pushing out the real soreness of feeling cheated or inadequate to the rugged realities of the world."

Patrick J. Malone, S.J.

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

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"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

Albert Schweitzer

Daily Choices

"You must often make erasures if you mean to write what is worthy of being read a second time; and don't labor for the admiration of the crowd, but be content with a few choice readers."

Horace

At this time, instead of _____

I choose to _____

At this time, instead of _____

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Daily Choices

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My Fears

"Fear of failure must never be a reason not to try something."

Frederick Smith

I'm afraid :

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P. M. Appreciations

This evening I am appreciating:

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"Gratitude is the most exquisite form of courtesy."

Jacques Maritain, Reflections on America

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
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"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have."

Frederick Keonig

Daily Choices

*"At fifteen life had taught me undeniably that surrender, in its place,
was as honorable as resistance, especially if one had no choice."*

(One ALWAYS has a choice ~ Revvell)

Maya Angelou

At this time, instead of _____

I choose to _____

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Daily Choices

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My Fears

"One had to take some action against fear when once it laid hold of one."

Rainer Maria Rilke

I'm afraid :

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P. M. Appreciations

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"Whatever we are waiting for -- peace of mind, contentment, grace, the inner awareness of simple abundance -- it will surely come to us, but only when we are ready to receive it with an open and grateful heart."

Ellen Vaughn, Radical Gratitude

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

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"Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces. Smell the rain, and feel the wind. Live your life to the fullest potential, and fight for your dreams."

Ashley Smith

Daily Choices

*"Be miserable or motivate yourself.
Whatever has to be done, it's always your choice."*

Wayne Dyer

At this time, instead of _____

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Daily Choices

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My Fears

*"Sometimes, fear is good. Sometimes it's a good thing to
have a little bit of a reality check."*

Taylor Hanson

I'm afraid :

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P. M. Appreciations

This evening I am appreciating:

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*"I'm grateful for the opportunity to live on this beautiful and
astonishing planet Earth. In the morning,
I wake up with a sense of gratitude."*

Earl Nightingale

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

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"The best way to appreciate your job is to imagine yourself without one."

Oscar Wilde

Daily Choices

*"God asks no man whether he will accept life. That is not the choice.
You must take it. The only choice is how."*

Henry Ward Beecher

At this time, instead of _____

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Daily Choices

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My Fears

*"You can't let yourself be pushed around. You can't live in fear.
That's no way to live your life."*

Bernhard Goetz

I'm afraid :

- 1) _____
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P. M. Appreciations

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"Gratitude arises in that in-between space where the inner and outer worlds meet and touch and encompass each other. Authentic spirituality, genuine politics, and good economics arise from a spirit of radical gratitude."

Ellen Vaughn, Radical Gratitude

A. M. Appreciations • DAY # ___ / ___ / ___

This morning I am appreciating:

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*"Learn everything you can, anytime you can, from anyone you can
– there will always come a time when you will be grateful you did."*

Sarah Caldwell

Daily Choices

"It is our choices that show what we truly are, far more than our abilities."

Joanne Kathleen Rowling

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Daily Choices

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My Fears

"We have perhaps a natural fear of ends. We would rather be always on the way than arrive. Given the means, we hang on to them and often forget the ends."

Eric Hoffer

I'm afraid :

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P. M. Appreciations

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*"Feeling gratitude and not expressing it is like
wrapping a present and not giving it."*

William Arthur Ward

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

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"It is not the failure of others to appreciate your abilities that should trouble you, but rather your failure to appreciate theirs."

Confucius

Daily Choices

*"For what is the best choice, for each individual
is the highest it is possible for him to achieve."*

Aristotle

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Daily Choices

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My Fears

"Here is a fear for me, I never wanted to be one of those guys that was defined by a body of work 20 years old."

Todd McFarlane

I'm afraid :

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P. M. Appreciations

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*"An understanding heart is everything in a teacher, and cannot be esteemed highly enough.
One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our
human feeling. The curriculum is so much necessary raw material,
but warmth is the vital element for the growing plant and for the soul of the child."*

Carl Gustav Jung

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

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"We are so often caught up in our destination that we forget to appreciate the journey, especially the goodness of the people we meet on the way. Appreciation is a wonderful feeling, don't overlook it."

Unknown

Daily Choices

"We find that people's beliefs about their efficacy affect the sorts of choices they make in very significant ways. In particular, it affects their levels of motivation and perseverance in the face of obstacles. Most success requires persistent effort, so low self-efficacy becomes a self-limiting process. In order to succeed, people need a sense of self-efficacy, strung together with resilience to meet the inevitable obstacles and inequities of life."

Albert Bandura

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Daily Choices

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My Fears

"Failure seldom stops you. What stops you is the fear of failure."

Jack Lemmon

I'm afraid :

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P. M. Appreciations

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*The Pilgrims made seven times more graves than huts.
No Americans have been more impoverished than these who,
nevertheless, set aside a day of thanksgiving.*

H. U. Westermayer

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

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"You have it easily in your power to increase the sum total of this world's happiness now. How? By giving a few words of sincere appreciation to someone who is lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime."

Dale Carnegie

Daily Choices

"Man is unique in that he has plans, purpose and goals which require the need for criteria of choice. The need for ethical value is within man whose future may largely be determined by the choice he make"

George Bernard Shaw

At this time, instead of _____

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Daily Choices

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My Fears

"You always have two choices: your commitment versus your fear."

Sammy Davis, Jr.

I'm afraid :

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P. M. Appreciations

This evening I am appreciating:

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"Gratitude is the fairest blossom which springs from the soul."

Henry Ward Beecher

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

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"Envy is a symptom of lack of appreciation of our own uniqueness and self worth. Each of us has something to give that no one else has."

Anonymous

Daily Choices

*"Fortunately in my work there's always a choice:
I can choose to do it willingly or unwillingly."*

Ashleigh Brilliant

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Daily Choices

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My Fears

"When I was younger I used to pick things just to face the fear."

Vincent D'Onofrio

I'm afraid :

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P. M. Appreciations

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"Gratitude helps you to grow and expand; gratitude brings you and laughter into your life and into the lives of all those around you"

Eileen Caddy

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

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"Develop an appreciation for the present moment. Seize every second of your life and savor it. Value your present moments. Using them up in any self-defeating ways means you've lost them forever."

Wayne Dyer

Daily Choices

"Let your friends be the friends of your deliberate choice"

Anonymous

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Daily Choices

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My Fears

*"Half the things that people do not succeed in are through
fear of making the attempt."*

James Northcote

I'm afraid :

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P. M. Appreciations

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"Don't pray when it rains if you don't pray when the sun shines."

Leroy [Satchel] Paige

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

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"Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it."

Ralph Marston

Revvellutionize Your Life in 30 Days - ©2006 Revvell P. Revati

Daily Choices

"How will you find good? It is not a thing of choice; it is a river that flows from the foot of the invisible throne, and flows by the path of obedience."

George Eliot

At this time, instead of _____

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Daily Choices

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My Fears

”Men fear death as children fear to go in the dark; and as that natural fear in children is increased by tales, so is the other.”

Francis Bacon

I’m afraid :

- 1) _____
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P. M. Appreciations

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- 13) _____
- 14) _____
- 15) _____



"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."

Marcel Proust

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
- 2) _____
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"I consider my ability to arouse enthusiasm among men the greatest asset I possess. The way to develop the best that is in a man is by appreciation and encouragement."

Charles M. Schwab

Daily Choices

"We choose our joys and sorrows long before we experience them."

Kahlil Gibran

At this time, instead of _____

I choose to _____

At this time, instead of _____

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At this time, instead of _____

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Daily Choices

At this time, instead of _____

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At this time, instead of _____

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My Fears

"Do the thing you fear most and the death of fear is certain."

Mark Twain

I'm afraid :

- 1) _____
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P. M. Appreciations

This evening I am appreciating:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
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- 14) _____
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*"Appreciation can make a day, even change a life.
Your willingness to put it into words is all that is necessary."*

Margaret Cousins

A. M. Appreciations • DAY # ____ / ____ / ____

This morning I am appreciating:

- 1) _____
- 2) _____
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- 13) _____
- 14) _____
- 15) _____



*The more one does and sees and feels, the more one is able to do,
and the more genuine may be one's appreciation of fundamental things like
home, and love, and understanding companionship."*

Amelia Earhart

Daily Choices

"Responsible choice in a convivial setting controls the indeterminate powers of intelligence and sets the boundary conditions for their applications."

Michael Polanyi

At this time, instead of _____

I choose to _____

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Daily Choices

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My Fears

"I have gained this from philosophy: that I do without being commanded what others do only from fear of the law."

Aristotle

I'm afraid :

- 1) _____
- 2) _____
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P. M. Appreciations

This evening I am appreciating:

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- 15) _____



”See, that’s all you’re thinking about, is winning. You’re confirming your sense of self-worth through outward reward instead of through inner appreciation.”

Barbara Hall, Northern Exposure, Gran Prix, 1994

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This morning I am appreciating:

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"There has never been another you. With no effort on your part you were born to be something very special and set apart. What you are going to do in appreciation of that gift is a decision only you can make."

Dan Zadra

Daily Choices

*"I think there is choice possible to us at any moment, as long as we live.
But there is no sacrifice. There is a choice, and the rest falls away.
Second choice does not exist. Beware of those who talk about sacrifice."*

Muriel Rukeyser, *The Life of Poetry*

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Daily Choices

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My Fears

"I delight in what I fear."

Shirley Jackson

I'm afraid :

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P. M. Appreciations

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- 15) _____



"Silent gratitude isn't very much use to anyone."

Gertrude Stein

A. M. Appreciations • DAY # ____ / ____ / ____

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*"Appreciation is a wonderful thing. It makes what is
excellent in others belong to us as well."*

Voltaire

Daily Choices

Given a choice between grief and nothing, I'd choose grief.

William Faulkner

At this time, instead of _____

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Daily Choices

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My Fears

Do not fear fear.

L. M. Heroux

I'm afraid :

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P. M. Appreciations

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"To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude."

Albert Schweitzer

A. M. Appreciations • DAY # ___ / ___ / ___

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*"Hold on to the center and make up your mind to
rejoice in this paradise called life."*

Lao Tzu

Daily Choices

"Every choice carries a consequence. For better or worse, each choice is the unavoidable consequence of its predecessor. There are no exceptions. If you can accept that a bad choice carries the seed of its own punishment, why not accept the fact that a good choice yields desirable fruit?"

Gary Ryan Blair

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Daily Choices

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I choose to _____

My Fears

"Why fear death? It is the most beautiful adventure in life."

Charles Frohman

I'm afraid :

- 1) _____
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P. M. Appreciations

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"Appreciation can melt a heart and warm a spirit."

Revvell P. Revati

[illegible]

Notes

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Notes

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Notes

[illegible]



Revell P. Revati

One continuous theme running through the lives of everyone I've worked with is fear. I always encourage people to acknowledge that fear, move into and through it so they can become self-empowered and live the life they dream.

All the things I resisted over the first 50 years of my life have come into an amazing balance ~ wealth, health and a great life-partner. How/why did I resist? Never thought I deserved them; was never worthy of having, being and doing all that I could. So sorry I wasted so much time AND not going to waste more time dwelling on it ~ just getting up off my dead ass and onto my dying feet and ~ CELEBRATING whatsoever and helping others learn to do the same.

If you feel it's time to stop living in fear and start living in appreciation, joy and love, this work/playbook will assist you in doing so.

“Thanks Revell. Wow, very powerful!!”

Nikki Thomas, Atlanta, GA.

“I believe this is exactly what I need right now in my life”

Pam from Texas



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