

Focus for Day 22 , February 20: I LIVE MY MISSION

"We really are the one we have been waiting for. We create the quality of our lives by how we are BEING on the inside." Rima Bonario, Jane Simmons and Kelly Isola

Rev. Deidre Ashmore, Minister at the Unity Spiritual Center of North Idaho, describes the qualities she wants to be and her mission as: *"One with my spiritual community, prayer is my path, faith is my star and love is my journey."* Her statement is like an internal GPS guiding her decisions.

So, how do I recognize the **4 P's of Purpose** and my unique mission?

P = Pleasures: What do I most enjoy doing?

P = Pains: What have I learned?

P = Passions: What do I most care about?

P = Pathway: What possibilities are unfolding that point toward my purpose?

Reflection Questions:

- ❖ How am I living the qualities to become the one God has called me to be?
- ❖ How has pleasure, as well as pain, become a pathway to discover my passion, and unique purpose?
- ❖ In what ways does my personal mission support a larger purpose to make a positive difference in the world?

Action Step:

I will write out my mission statement. One step I will take to live my purpose more fully is: _____

Focus for Day 23 , February 21: I PRAY

“Time for reflection is for me a lifesaver; it is not just a nice thing to do if you have the time. It is the only way you can survive.”

Margaret J. Wheatley, Author & Leadership Consultant

I feel more centered when I take time for daily prayer and reflection. Sometimes, when I am really busy, I am tempted to give God a “rain check” with a promise for future quiet time.

The days I have done this, I notice being off-kilter during the day. Things don't go as smoothly, and I do not handle situations as gracefully as I would like.

In a 24/7 world, unless I carve out regular times for prayer and reflection, they will not happen.

Reflection Questions:

- ❖ What keeps me so addicted to busyness that I neglect to pause and take time to pray?
- ❖ What encourages me to set aside time for daily reflection?
- ❖ How could I “pray without ceasing” throughout the day?

Action Step:

I begin and end my day with prayer. I pray daily for world peace and to become a more effective peacemaker.

Focus for Day 24 , February 22: I SUPPORT HARMONY

“Out beyond ideas of wrongdoing, and rightdoing, there is a field. I will meet you there.” Rumi, 17th Century Sufi Poet

Increasing harmonious relationships includes meeting the underlying needs that often fuel behavior. Relationship expert, John Gottman, Ph.D., shares these four specific tips to strengthen harmony:

1. Stop complaining.
2. Turn criticisms around to become concrete requests.
3. Show respect verbally and non-verbally, rather than contempt.
4. Share what is going on, instead of stonewalling feelings.

Reflection Questions:

- ❖ Which of Gottman’s tips would be the most helpful to increase greater harmony within my relationships?
- ❖ What would need to shift to stop complaints, criticisms or contempt?
- ❖ How will I get beyond the “wrongdoing” to meet others in a more harmonious field?

Action Step:

I increase inner and outer harmony by showing more respect—both verbally and non-verbally. In particular, I commit to stop criticizing: _____

Focus for Day 25 , February 23: I AM FRIENDLY

“A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words.” Unknown

Author

Strangers are possible friends I have not yet met. I will take the initiative to introduce myself to someone I do not know.

Rather than stay in a comfortable clique, I open my circle to include new people. I welcome them and make a point to get acquainted, as well as to help them meet others.

I deepen and expand my friendships to be a mutual source of growth and support.

Reflection Questions:

- ❖ What helps to release my fear to make new friends?
- ❖ How can I extend a warm and friendly spirit to those I do not know—at school, work, church or with the retail clerk?
- ❖ In what ways will I reach out to include new people within my circle of friends?

Action Step:

I will be the first one to initiate being friendly to those around me.

Focus for Day 26, February 24: I AM RESPECTFUL

Follow these 3 rules from the Dalai Lama:

1. "Respect yourself.
2. Respect others.
3. Take responsibility for all of your actions."

Respect for all is the foundation for relationships. The challenge is: how do I show respect to those I dislike, disagree with, or when they do not show respect toward me?

Rather than reacting harshly, I commit to responding in a respectful manner.

- I listen to understand the other's perspective.
- I set appropriate boundaries.
- I talk in ways that maintain, or restore, a safety zone of respect.
- I make amends when I have been disrespectful.
- Instead of using an irritated tone, or withdrawing in silence, I state what is true for me.

Reflection Questions:

- ❖ How will I show more respect toward myself?
- ❖ What is one thing I am willing to do to show more respect towards others—particularly those I disagree with?
- ❖ How will I restore a safety zone of respect when it has been violated?

Action Step:

I will demonstrate more respect for myself and others by: _____.

Focus for Day 27, February 25: I AM GENEROUS

“There are enough resources in the world to meet everyone’s need, but not enough for everyone’s greed.” Mahatma Gandhi

Most spiritual traditions promote being generous to share time, money and other resources with those in need.

True generosity is a gift without strings attached. I give freely because it increases my well-being to give abundantly.

Since we are all God’s children, I am called to be generous with my most vulnerable brothers and sisters—both locally and internationally.

Reflection Questions:

- ❖ When do I observe being attached to my possessions, time or energy or feel reluctant to be generous?
- ❖ In what ways do I notice Spirit nudging me to consistently share, or tithe, whatever I have with others?
- ❖ How does being generous increase my well-being?

Action Step:

I commit to a regular practice of being generous with my time, money and resources with others by: _____

Focus for Day 28, February 26: I LISTEN

“Most people do not listen with the intent to understand; they listen with the intent to reply.” Stephen Covey, Author

Covey writes in the *7 Habits for Effective People*: “First, seek to listen and to understand.”

One tip to strengthen my listening skills is to set the timer for 1 minute. Whomever is the most upset, speaks for the first minute without interruption. The listener sums up both the facts and the feelings to demonstrate understanding before they get their turn to speak. Repeat as needed until both feel fully heard.

When I take the time to practice deep listening, I create a bridge of respect for mutual understanding.

Reflection Questions:

- ❖ I have two ears and only one mouth. What reminds me I should listen twice as much as I speak?
- ❖ How do I let others know that I understand and respect what they said--even when I disagree with them?
- ❖ How will I be the first to initiate listening to build a better bridge for understanding?

Action Step:

I seek to understand by choosing to listen without interrupting, especially with:
