

Enrich Your Sunrise

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40 Days to a More Fulfilling and Vibrant Life

Taylor Tagg

iUniverse, Inc.
New York Lincoln Shanghai

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For the love of my life, Step

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Preface

Being positive is a big part of my life. I have always been a positive person because I was taught to focus on what is coming, not on what has already been. In that sense, I am always looking forward to something good in my life, which keeps me in a state of anticipation. Because I am this way, it helps me to continually acquire a greater mindset to move forward. I always set my goals far enough into the future so I can keep walking toward fulfillment and variety. The older I get, the more I want to better comprehend and absorb the positive people of the earth. What is life all about for me? Life is to be successful in *my own terms*, to live out my purpose, to love, and to serve others.

I am a passionate observer. I study human behavior every day. If there is one observation that I see over and over again, it's that people considerably underestimate their ability to change. Recently, I decided to try an experiment. As I interacted with my co-workers throughout the course of one day, I consciously took a positive approach to every situation I faced, in order to observe their reactions. I found that my co-workers sided with my persuasion in every instance, even if they didn't feel the same way initially. They chose to look on the brighter side of each situation and support a positive resolution because it was a great way to move forward.

I try to keep my life simple. I made a conscious decision to keep the clutter out of my life as much as possible. In keeping with my simple lifestyle, I decided that *Enrich Your Sunrise* would stay simple as well. It is meant to be light, fun,

and easy to complete. In as little as 40 days, one day at a time, you can change your whole outlook on the future. Some of the exercises will take longer than a day. That's fine.

Committing a few minutes each day to record your thoughts and feelings on these positive subjects will go a long way in enriching the quality of your life. All of the passages have a common denominator. Each entry encompasses a bit of inspiration and motivation to elevate your life. There is significant beauty in learning to improve the many aspects of you. All it takes is a little effort on your part.

I wrote this book for two reasons. First, I wrote as part of dealing with the fallout from abuse. During my childhood, my mother and I were verbally and emotionally abused virtually every night for the better part of ten years. We were continually made to feel like we were nothing by a man from my mother's past. In time, we overcame the effects of that abuse. I relived that same scenario again in my late twenties, when I worked for an incompetent finance manager. Again, I was subjected to ridiculous stress and emotional abuse for no other reason than to assure this person's success at all costs. I am here to tell you that I have overcome that situation as well. I am not a victim. I haven't experienced abuse nearly as bad as some other people. I have simply dealt with what has come my way.

I wrote *Enrich Your Sunrise* to reassure myself of the brighter days ahead. I never let anyone or anything in life get me down for long, because I know there are too many wonderful things that are coming my way. Second, I wrote this book to show you how to defeat the unfortunate things in life, just as I did. We all have varying degrees of obstacles to conquer. You can overcome those obstacles in fine fashion. This book will help you find the courage to get going. You can be a better person because you choose to be, not because someone else wants to keep you down. People selfishly try to hold us back because of one thing...fear. You can take control of fear

as sure as the sun rises in the morning. I am here to make you aware of the possibilities in life. Life is about choices, and this book is about choices. There is no one else in control of your life but you. You are the captain of your ship. So, head for calm waters and bright sunshine. I truly believe that people want to move forward and often search for new ways to do so. Naturally, I am happy to share my positive thoughts with you. I hope that through my experiences, observations, and stories, I can help you move in a new, productive direction.

*Your personal journey is an ever-evolving process that is unique to you and comparable to no one. So, make it the best journey it can be. Please feel free to refer to *Enrich Your Sunrise* often. The Sunrise Exercises were designed to help you take a step back and decide what really matters in your life. Like I say, "40 Days will put you on your way." I hope this book helps you in the same affirmative way it has helped me in writing it. Many positive, productive days are ahead for you. Enrich Your Sunrise and enjoy.*



Day 1

NEW BEGINNINGS

Either you define the moment or the moment defines you.

—Roy McAvoy
From the Movie *Tin Cup*

Starting Over

There are times in life when we must start over. These times could be, in many ways, anxious and fearful. In starting over, we step away from what we know into the world of the unknown, and this can make us a little nervous. Yet, each new beginning presents an opportunity to build something better in our lives.

Starting anew allows us to leave behind some of our bad habits and behaviors in order to acquire a better way of living. You might think, “I want something new, challenging, and a second chance to better myself.” Starting over gives you the chance to right a wrong, or embark on a new path in life. Have the courage to start again...your future is truly before you.

Start Anew

Most people, at one time or another, have felt mistreated in the workplace. While some people use those experiences as a positive way to move forward, others let their emotions stay bottled up until they are ready to explode. These patterns can be damaging down the road. Understand that you have outlets. You can start anew at any time.

I was happy to get a fresh start after I was mistreated at an old job. I worked directly under a new hire named Nigel. Nigel was a gung-ho manager whose only concern was to turn the department around his way. Well, the way Nigel chose to manage turned out to be a horror story. He looked over everyone's shoulder, and documented everyone's moves throughout the day. Nigel took his job as a Controller very literally. He didn't bother to ask for anyone's help or input on how to reach the departments desired objectives. Nigel became a success...a success in turning everyone against him.

Working under those circumstances felt so demoralizing to me, I had to start over everyday. I had to take moments to clear my mind of the rage and frustration I encountered on a constant basis. After months of stress, I had to question whether or not I really fit into the company picture. I truly felt it was oppressive and pointless for me to work for Nigel another day. Was this a time to start anew with another company? You bet.

Most people have been in this kind of situation before. What do they do? They try to make it the best they can. Take time to back away from the stresses of your environment or boss. Many times, I would leave the building. I would take a walk around the complex to get some fresh air and clear my mind. That time to walk away was a big stress reliever. Make sure you take mental breaks several times during the day. You deserve it. Backing off for a bit will help keep your sanity intact and your blood pressure from boiling. Sometimes, you

just have to wipe your slate clean. Let go of what is holding you back. Whether it is finding some peace during a hectic day or finding a new job, remember, you can start anew at any time, in any place.

SUNRISE EXERCISE—NEW BEGINNINGS

One situation where I can start anew is:

1. _____



Day 2

ADAPT, ADJUST, & OVERCOME

Just when I think I have learned the way to live, life changes.

—Hugh Prather

Adapt

Adapting is a part of life. We adapt when we go to a new town. We adapt when we meet new people. We adapt to meet our expanding needs. Adapting indicates that we are open and able to change. Adapting requires an ability to move with the world and adjust to the times.

Tom spent 25 years working for a beauty products company. He was 52, a father of four, and a very successful salesman. Tom had never used computers before, but he knew they were becoming a more effective tool to use in company sales presentations. Tom realized that if he didn't adapt to the changing times, he would fall behind and possibly lose his job. So, Tom enrolled in a beginner's computer class, and learned how to use his computer effectively. Tom's awareness allowed him to adapt to the changing needs of business and to his customers. Not only did Tom learn a new skill, but he also rose to the top of the

company in annual sales because he was able to create dynamic presentations using his computer.

Like a chameleon that changes colors to blend into nature, you are adaptable. You can change, go with the flow, be one with what is around you, and project your positive attributes in any circumstance.

Adjust

Adjustments are also a part of life. When we gain too much weight, we adjust by changing our diet. When we get complacent, we adjust by becoming more active. When we get bored, we adjust by shifting focus to something that peaks our interest.

Positive people learn to make positive adjustments often. We can adjust by drawing from new inspirations. We can adjust our normal routines by considering something fresh, like a newly discovered exercise routine.

Remember, as the season's change, so will you. Be open enough to make positive adjustments on a regular basis. When something isn't working, try a different approach. Just because something has worked in the past, doesn't mean it will necessarily work in the future. Be ready to adjust. When something does work for you, adjust to make it better. Stay positive and keep moving forward.

Overcome

Positive people do a great job of adapting to what is before them. They are also swift to make adjustments as needed in their lives. As efficient as adapting and adjusting are, the ability to overcome is greater than these.

Life throws us a curve now and then. The ability to get back up and to overcome obstacles, no matter how great, is the essence of the human spirit. To overcome is to fight

through adversity, to persevere, and to work through our troubles. Overcoming shows others that we are here to stay. It signifies that positive results are around the corner for us. It proves that we won't let the unfortunate things in life get us down for long. Continue to overcome and grow.

SUNRISE EXERCISE—ADAPT, ADJUST, & OVERCOME

One thing I want to adapt in my life is:

1. _____

One thing I want to adjust in my life is:

1. _____

One thing I want to overcome in my life is:

1. _____



Day 3

IT'S OK TO MOVE FORWARD

He that fears not the future may enjoy the present.

—Thomas Fuller

It's OK

In our struggle to find our place in life, we often limit our ability to move forward by looking back too often. By concentrating on what we should have done in situations or reliving the hurt of our past mistakes, we easily get discouraged and lose focus on what is ahead. We get caught up in the “what ifs” of our decisions, which leads us to second guess most things we do. Life doesn't have to be that way. It can be different.

One of the best quotes I ever read, that allowed me to move forward, was a prayer from St. Therese of Lisieux:

*May today there be peace within,
May you trust your highest power that you are exactly
where you are meant to be.*

Wherever you are in your life, its ok to be there. You are in your circumstance for a reason. By accepting this faith principle, you are embracing where you stand in your journey. Your life may not

be exactly where you want it to be, but there is no going back. It's done. By accepting that life has you where it wants you, you can eliminate all the "what ifs" from the past. You will be free to move one way, which is forward. You will learn, progress, and become all you are meant to be, by having the faith to keep pushing toward something greater in your life. Your future is unlimited. Leave the past in the past, focus on the now, and watch how far you move forward.

Rise Up

At times, we get down on ourselves. Maybe we see our lives turning in circles or feel we haven't accomplished very much. Maybe we feel we aren't headed in the right direction. Instead of swimming in sorrow, see your frustration as an opportunity to rise.

Positivity feeds from disappointment, so don't feel down for long. In fact, get up. Now is a great time to move forward in the right direction. Now is a great time to dust off stagnation and awaken your life. Now is a great time to take a small step toward accomplishment. Find a new hobby, set a goal, or give some of your time for someone else's benefit, and see what it does for your ability to emerge from disappointment and respond positively.

SUNRISE EXERCISE—IT'S OK

I will move forward today by concentrating on:

One action that will help me to rise up is:



Day 4

CLEAN IT UP AND PUT IT DOWN

The mind is never right but when it is at peace within itself.

—Lucius Annaeus Seneca

Have a Garage Sale of the Mind

Have you ever thought about having a mental garage sale? Have you ever contemplated removing the garbage in your mind to make room for something new? We tend to stow away memories for keeps in our hardhead attics. Many of these images are never used again, and some images might be rediscovered in time. Nevertheless, go ahead and have a garage sale of the mind. Go upstairs, uncover the memories you have packed away over the years, and decide what to do with them.

You will find mental relics, ideas, dreams, and probably some heartache. Make good use of this time to remove some of the past hurt forever. Put your unpleasant memories on a permanent leave of absence. Rediscover that dream you put on hold. Plan for that special vacation you always dreamed of taking. Who knows what you will find up there? Empty the mental

images that you will not need in the future, and make room for many more positive images to enter. Help refill your memory banks by committing to bring new people, places, and things into your life. You will feel a true sense of accomplishment.

Write It Down

Want a surefire way to feel good about the positive things you do? Write them down. We recall life's negatives too often, and we forget many of the wonderful actions and improvements that we make. We seem to be programmed this way. So, in order to remember the good you do, write it down.

Recording the good things you say and do will provide momentum and confidence to your state of mind, and will help you keep a greater focus on the positive aspects of life. Use these affirmative writings as a "pick me up" when you aren't feeling so great. Keep your positive accomplishments handy, so you can refer to them often. Stay positive and keep improving.

SUNRISE EXERCISE—HAVE A GARAGE SALE

Keep a list of the items in your mental attic. Separate these items into "Keepers" and "Sweepers." "Keepers" are those things that you deem valuable and must keep. "Sweepers" are what you don't want anymore in your life. Include the clearance items, which are things that must go no matter what. Mentally, get rid of your "sweepers." (i.e., burn the list of sweepers, so your image is forever up in flames)

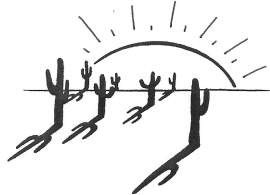
Keepers: _____

Sweepers: _____

SUNRISE EXERCISE—WRITE IT DOWN

My positive actions and improvements are:

1. _____
2. _____
3. _____



Day 5

LIVE THE DREAM

When you come to a fork in the road...Take It.

—Yogi Berra

Keep Your Dreams Alive

So many times in life, people come up with great ideas that get them so excited they can hardly stand it. They put great effort into getting these ideas off the ground only to hit a roadblock, or two or three, along the way. Soon, they begin to question why they even tried in the first place. Let's stop here.

We have been in this situation before, haven't we? What do we do? Number one, we don't quit when the chips are down. We have to keep going. Many people, at one time or another, have given up as they were on the brink of success. They lost focus on what they were trying to accomplish. They lost momentum, and didn't know how to get it back. We have to work hard to overcome these directionless feelings. But how?

Let's face it. We are going to hit several bumps in the road. We learn, though, to keep driving down the road to find our

destination. Absolutely ask for help. We can overcome our feelings of dream block when we ask others for assistance. You will be surprised at how many people can get your ideas going again. Fresh perspectives are a dime a dozen, if you are willing to find them.

What We Wish For

Have you ever wondered how to get what you wish for? How do your dreams become reality? First, acknowledge that your wishes and dreams live and die with you. Second, ask yourself, “How much do I really want my dreams to happen?”

Third, make your dream known. Tell someone, or better than that, write it down. Writing your dream down will make it concrete and give you undeniable evidence. Once it is on paper, you can begin to prepare for your dream to happen. What will it take to make your dream come true? What skills or resources must be obtained? What do you need to research?

Start to sculpt a path of preparation that will enable you to learn and master the skills or resources necessary for success. Keep a journal of how you will prepare. Be ready for change, and be adaptable if need be. Remember, focus on the end result, and concentrate on what you want. Take a look again at your dream on paper. How much do you really want it to come true? You can make your dream real. It all begins and ends with you.

Find Your Passion

Have you ever encountered a job that you knew would bring happiness and fulfillment to your life? I think most people have felt that way at some point in their careers. Instead, many people get up each day and go to jobs they don't really enjoy. They fill their time just to pay the bills. Work doesn't have to be that way.

Many know what their passions are, but they aren't guaranteed the big paycheck. Imagine waking up and wanting to go to work, working late because it's exhilarating, being grateful every day because work and play seem all the same. Wouldn't that be great? Keep in mind, there is a time and a place to embrace your passions. No one ever says you have to quit the work you are doing now. Why can't you have both? Is it necessary to drop everything you have built in your career to pursue your calling? No. Think about how you can integrate your present job duties with the work you love. Can they co-exist? Let it come to you gradually. Try new things. I always had extra activities going on in my spare time, because I wanted to know if they fueled my fire. I was a basketball coach at one time, and a personal trainer another. I stuck my feet in the mix to see if the mind, body, and spirit would follow. Believe me, it takes time to find what is right for you. There is no hurry. Keep doing your work, but take time to try other things. Finding your passion is a process. It is very likely you will discover multiple passions in your lifetime! People, who have been down this road, know the process of a dream job discovery is all worthwhile and then some. Enjoy finding what is meant for you.

Joseph was a very successful attorney, but always felt a calling to become a Roman Catholic priest. He decided he would go to Rome to fulfill the necessary requirements for the vocation. After years of study, and just a week before becoming a priest, Joseph called the whole thing off. His mind was filled with doubt. Becoming a priest would mean he wouldn't make the big money that being an successful attorney would bring. He didn't know if he could live without marrying. He wasn't sure if becoming a priest was right for him. So, he went back to practicing law.

Ten years later, he again decided to give the priesthood another try. This time was different. Joe's passion for God's work overwhelmed his desire for material things. Joe realized what he was put on earth to do, and he embraced it. He had truly found his passion in life. Leaving the money behind wouldn't

be as hard, because he was being who he was meant to be. Joseph now uses his legal skills for the benefit of the church.

Everyday, more and more people are deciding that is imperative to find the work they truly love. They have a strong desire to do tasks that have meaning and are helpful to others. Dan Miller has developed a proven system to help you do just that. *48 Days to the Work You Love* is a book that will assist you in aligning the things you like to do with careers that will give you a sense of purpose and fulfillment. It is available at 48Days.com.

It takes great courage, fortitude and dedication to find your own way. Follow your passions and your dreams. Live the process of discovery, and the pieces will fall into place when the time is right for you. The money will follow or become much less important. Have faith, go for it, and be passionate.

SUNRISE EXERCISE—KEEP YOUR DREAMS ALIVE

A great way to keep your dream going is to make it concrete...in other words, write it down to start the process of bringing it to life. Make a small list of your dreams and refer to them often.

My dreams are:

1. _____
2. _____
3. _____
4. _____
5. _____

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I need to research:

I am preparing to make my dreams happen by:



Day 6

DAILY POSITIVE TIDBITS

A man is literally what he thinks.

—James Lane Allen

Positive Tidbits

Pursue a dream and find fulfillment.

Stay positive by living within positive boundaries.

Do things that make you happy.

Give a lot and receive much more.

Live with purpose.

Be a positive example.

Strive to improve everyday.

Meant to Be

Take the lead to fill a need
Be who you are meant to be

Find a way to make dreams stay
Be who you are meant to be

Be the beat that your heart seeks
Be who you are meant to be

Love for all, hear your call
Be who you are meant to be

Be the light that burns at night
Be who you are meant to be

Trust in you, and see it through
Be who you are meant to be

SUNRISE EXERCISE—POSITIVE TIDBITS

Take a moment to think of your own Positive Tidbits. Write them down to reference any time. Post them at home, work, or anywhere they might be beneficial to you.

1. _____
2. _____
3. _____
4. _____
5. _____



Day 7

LOOK DOWN THE ROAD

Great things are not done by impulse, but by a series of small things brought together.

—Vincent Van Gogh

Positive Visions

When you look down the road of life, what do you *see*? Do you *see* yourself better off than you are right now? Are your dreams positive for the future? Are they possible?

If you said *yes* to any of these questions, you are well on your way to achieving your positive visions. How can you get there? You get there slowly but surely, focused and willing. By taking *small steps*, you can achieve great success with a realized dream at the end. Believing in yourself will help you harness the power to make your dreams a reality.

Make a plan by setting one small goal that will move you closer to your dream. Once you reach that one small goal, set another one. If you fall down, get back up. There will be times when you will have to stop for a small rest. Make sure to pick up where you left off once you are refreshed and ready. Keep moving toward your vision. Ask for help, ask for resources, and

ask for whatever you need to keep going. There is a good chance that your dream might become someone else's dream along the way. Strive for success one small step at a time.

Positive Value

There is value in everything we do. There is value in how we handle ourselves. There is value in the work we perform. There is value in the examples we set. To say there is value in our lives means that we are valuable in every way.

Many times we discount ourselves too drastically. We feel we are not worth what we truly are. Think again; you have tremendous value. What you do affects others around you in many ways. The more positive you become in your daily activities, the more positive your friends, family, and co-workers will be too. Your positivity creates tremendous value.

You are in a great position to begin and continue to create positive value in your life. A smile creates smiles, a hello creates hellos, kindness creates kindness, and laughter creates laughter. Your career could also be dedicated to creating positive value for others. Many people want their careers to have meaning and purpose. Examine just how your work directly or indirectly impacts other people. How would you like it to affect others? There is great value in the most mundane job. The question becomes can you see that value? Most jobs, no matter how big or small, assist someone else to a certain degree. Just how close do you need to be to that assistance? Do you need to be near the person who is helped, or are you ok contributing from a distance? Whatever the choice, seeing the value of work goes a long way in defining purpose in people's careers and giving greater meaning to the tasks of everyday life. So, start creating positive value in your life today, and see how your world opens up for the better.

Look Beyond Money

One of the traps of the materialistic world is the pursuit of money in place of our life's work. In an effort to get ahead and gain possessions, we, unfortunately, tend to take the opportunity that provides the most money. It becomes easier and easier to lose sight of our goals and our dreams when money and security become our primary focus. There is more to life than money.

Of course, we need money to make a living and to survive. Few will disagree with this concept. However, there are distinct talents and attributes that only you can bring to the table. There are tasks in this world that need to be done by you and only you. Are you doing those tasks?

Have the courage to find the work you love, and the money will follow. Do the work that brings your soul to life. Use some of your spare time to try new interests. When you find those positive life affirming tasks, you will come to know your place, and you will find fulfilling peace. Then, you can begin to walk toward your most meaningful and productive accomplishments. Money will become just another thing.

SUNRISE EXERCISE—POSITIVE VISIONS

Bring to life your positive vision of the future. Make a plan on how to get there by listing as many *small steps* as it takes. Accomplish one step at a time. Steps can be as small as finding out more information on what to do for your next step. No step is too small.

Positive Vision for the future:

Small Step 1: _____

Small Step 2: _____

Small Step 3: _____

Small Step 4: _____

Small Step 5: _____

SUNRISE EXERCISE—LOOK BEYOND MONEY

Where does money rank in my life priorities?

The work that would bring my soul to life is:



Day 8

FIND POSITIVE RESULTS

Success consists of getting up just one more time than you fall.

—Oliver Goldsmith

Reach Your Potential

Potential is realizing the ability to maximize our talents. It is acknowledging what is possible in our lives. We all have unlimited potential, and we all have unique talents. Undoubtedly, the ability to improve upon our special skills lies only in us. Once we can envision what is possible, we can begin to walk a path toward our full potential.

Working in the direction of our potential is another way of saying we are moving forward. It is another way of saying we want to continue growing. It is another way of saying that we are finding and living out our purpose. It is another way of saying that we aren't giving up. Finding our way and achieving our potential sends a positive message to others that we are becoming the people that we are meant to be.

Be a Doer

What is a doer? Doers are people that see the benefit of their positive actions, while doubters don't. Doers want a more positive result from their efforts, while doubters don't. Doers are willing to take chances in life, while doubters won't.

Are you a doer? Doers are constantly moving forward, looking for better answers, and searching for better ways to improve. Doers are the participants in life. They make good things happen out of nothing, and they help make existing causes better. You can be a doer by finding the strength to cast aside your doubts and deciding to get involved. A little effort will go a long way. So, be a positive doer and do some good!!

Positive Results

Positive results are directly tied to our positive thoughts. Having a specific, positive mindset in place is vital to experiencing positive results. This definitive approach is based on an absolute belief in one's abilities. In other words, those who believe they will succeed often have great success because they are unwavering in confidence.

So many times, athletes walk on to a field or court and prevail because they feel they have "what it takes" to win. Whether they have better skills or talent isn't relevant. In fact, many victorious athletes have inferior skills to those they are competing against. The fact that they believe they are better gives them courage and confidence to produce outstanding results. Their positive mindset and thought process pushes them over the top.

And so it is with life...when you have the confidence to reach your goals, you will. That confidence is a product of the affirmative signals that are sent to your brain, enabling you to perform at optimal levels. So seek greater

confidence, believe in your abilities, and get the positive results that you desire.

Willing

I am willing to work hard.

I am willing to do what it takes to be a success.

I am willing to set a good example.

I am willing to make a difference.

I am willing to be patient.

I am willing to show love.

I am willing to give encouragement.

I am willing to be kinder to those around me.

I am willing to have faith in my family and friends.

I am willing to go the extra mile.

I am willing to sacrifice for the good of the team.

SUNRISE EXERCISE—WILLING

One action (above) that I am willing to do this week is:

SUNRISE EXERCISE—POTENTIAL

I will realize more of my potential by:



Day 9

POSITIVE INTENSITY

I go at what I am about as if there was nothing else in the world for the time being.

—Charles Lingsley

Intensity

There are times when we can push the positive in life with intensity. When we fall behind or get ourselves into trouble, we usually come back with great intensity until we get to a place of balance. Can we move life forward with intensity without falling behind? You bet.

In being positive people, we must think positive thoughts daily, and make positive practices a priority. To be intensely positive is to be greatly focused and zeroed in on the positive result. This mindset includes wanting affirmative experiences in our lives with a great enthusiasm, and surrounding ourselves with positive influences. We can make that happen.

Mike grew up with a great love for basketball. He dreamed of playing in college, and then in the pros. Mike had great court awareness and solid defensive skills, but he lacked a consistent jump shot. During each off-season, Mike asked his friends to help him improve upon his weakness. Mike knew

that with time, practice, and a focused intensity on his goals, he would reap positive results. Mike continued to work on his shooting, taking 500 or more shots everyday during the hot, summer months. He spent hours upon hours doing individual drills, lifting weights, and working hard to improve his game. Everyday was filled with sacrifice and dedication to becoming a better basketball player. Mike went on to fulfill his dream of playing college basketball, and he was a success in the European professional leagues. He led the English Premier league in three-point field goal shooting. Why was Mike able to accomplish this feat? He worked hard to turn his weaknesses into strengths, and did so with a focused, positive intensity. Mike wanted his dreams to become reality, and he was willing to pay a price to make them happen. How far are you willing to go to make your dreams come true?

Intensity brings out the essence of your determination, the face of your innermost desires, and the resolve of your dedicated focus to a positive result. No matter where you are in your journey, positive intensity can help you achieve your dreams and help you realize your quest for excellence.

Open Up

To be positive people, we must be willing to be open. When we open our minds and hearts to new things and experiences, we gain true wisdom. Brother Joel McGraw, an educator in the family of the Christian Brothers once said, "We spend nine months in mama's womb all curled up, and after we are born, we spend the rest of our lives trying to open and expand."

It is never too late to grow. No matter where you are now or where you have been in the past, there is always the opportunity to embrace change for the future. There is an opportunity right now to become someone better than you already are. It's your choice to make. Choose to open and expand for the rest of your life.

A Better Way

I'm striving to be better.

I'm open to new thinking.

I'm giving of myself.

I'm doing good deeds.

I'm forgiving in my relationships.

I laugh everyday.

I only worry about what I can control.

I live with passion.

I believe my life is improving.

I know my worth is valuable.

I accept that I am not perfect.

I am grateful for another day of life.

I am a positive person because I choose to be.

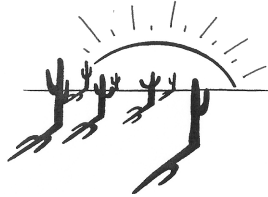
SUNRISE EXERCISE—A BETTER WAY

The *Better Way* statement I want to embrace this week is:

30 Enrich Your Sunrise

SUNRISE EXERCISE—OPEN UP

I can open up in my life by:



Day 10

FORWARD FOCUS

We grow in time to trust the future for our answers.

—Ruth Benedict

Hope

If there is one thing that keeps us going, it's hope. There is hope for a better tomorrow, hope for improvement, hope for peace, hope for success, and hope for good health. Hope is our positive vision for the future.

Although hope is beautiful thinking for what is to come, our best option for action is right now. We can always hope that we do it tomorrow. You and I know, though, that procrastination is not our friend. Our hope of yesterday is our action plan today. Our hope for today will be our game plan tomorrow.

Hope springs eternal, and allows us the gift to firmly believe that the future will be better than the present. This positive mindset always keeps us moving forward and striving for something better. So, hope much, and do your part to insure that your hopes become reality now.

Forward Focus

Have you ever had feelings of inadequacy because you felt you weren't going anywhere? Have you felt lost? Tired? Low? Forward Focusing can change those feelings. Much of what makes up our present state of mind is subconsciously based on our past experiences. We tend to recall the negative moments in our lives to the point where history keeps repeating itself. Once you learn to Forward Focus, which is to focus solely on the future, you can begin to leave the past in the past.

You can prevail over the failures of yesterday. Inadequacy often materializes because of the lack of a future. Deciding to work for something good will give you a sense of direction. Your future is before you, so you must learn to focus on the vast opportunities to come. The motto of Forward Focusing states, "The past is no more. The future is what I choose to see." Once your focus is centered on what you can accomplish, you can wisely use the experience of your past to positively motivate and push you toward higher goals.

The first step in Forward Focusing is coming up with *one positive goal to concentrate on*. Walk in the direction of that specific self-improvement goal, a day at a time. Once you pick up momentum, you can pick up the pace and the variety. Remember, this effort will be a marathon, not a sprint. With practice and patience, Forward Focusing will become a part of your daily life. You will feel accomplished and proud, and yearn to realize more.

SUNRISE EXERCISE—FORWARD FOCUS

List *one positive goal to focus on*. Try to reach that goal within one week (i.e., get a good workout in, fix the leaky faucet, devote one hour a day for yourself, etc.) This small goal is meant to move you forward, and give you the positive feeling of accomplishment. You cannot look back. Focus daily

on your goal. This should be something easy to achieve. When you have reached your goal and are ready, create another.

My positive goal for this week is:



Day 11

SEEK GOOD HEALTH

Inspiring people are vitamins for our spirits. They come in all kinds of disguises and descriptions. If you open your heart to being inspired, they will appear.

—Sark

Live Longer

Can being positive on a daily basis help you to live longer? You bet it can! Being positive does a great number of things for your mind, body, and spirit. Positivity helps you smile, helps you focus on accomplishing goals, helps you feel better, and helps you open and expand.

Did you realize that your body reacts to your thoughts and feelings? People tense and tighten up when they feel stress. They tire and shut down when they feel sadness. They gain energy and feel joy when they think positive thoughts. When people believe they can accomplish anything, they acquire confidence. As they acquire confidence, their minds sharpen and their actions flow. When they can get into the flow, their spirits open and soar.

Doctors at the Mayo Clinic studied a group of patients that visited in the early part of the 1960's. The researchers gave the group questionnaires to determine whether they were optimists or pessimists. Thirty years later, the doctors followed up with the patients to determine the long-term effects of their attitudes. The results showed that the optimists had a lower risk of premature death, less pain, and an increased level of energy.

Staying positive sends a message to your body to become stronger. Staying positive tells your spirit to continue rising. Staying positive tells your mind to keep absorbing and learning. Staying positive tells the mind, body, and spirit that you want to hang around just a little bit longer.

Positive Food

The food that you consume affects your mind, system, and mood. Food has a direct affect on your ability to exude positivity. Medical studies have proven that food plays a critical part in the good health of mind and body. One such article from the BBC News suggested, that out of a survey of 200 people, 88% saw an improvement in their health by changing their diet, 26% saw an improvement in mood swings, 26% saw an improvement in panic attacks, and 24% saw an improvement from depression. Surveyed people said that cutting down on foods known as "stressors," things such as sugar, caffeine, additives and saturated fats improved their mood the most. Foods known as "supporters," things such as vegetables, oil rich fish, chicken, nuts, fiber, and whole grains played an important role in getting them to maintain positive mental and physical health.

Your body craves natural foods. Have you ever noticed how much better you feel when you eat wholesome foods? Fruits, water, proteins, and brown rice are other delectables that keep our internal machines functioning beautifully. Eating

healthy foods will allow our minds to open and exude that positive energy everyday. So, fill your body with the food that it needs, and watch how your mood flows to a new, higher level.

SUNRISE EXERCISE—LIVE LONGER

Take three minutes per day to think of positive thoughts, no matter how the day is progressing. (First thing in the morning or during your commute ranks as the best) Perform this positive thought process everyday for one week to feel better about your mind, body, and spirit.

SUNRISE EXERCISE—POSITIVE FOOD

Commit to feeding your body nothing but wholesome foods for three consecutive days. Include chicken, fish, salads, vegetables, fruits, and nuts. Take this body cleansing a step further by eliminating caffeine, breads, and sugar. No cheating (it's only three days!). Comment here about how you feel at the end of the trial.



Day 12

TUNE YOUR ENGINE

Keep doing what you are doing, and you'll keep getting what you are getting.

—Anonymous

Tune Your Engine

If you've ever wondered why life isn't as smooth as you would like, let's look at a car. Let's say at birth, you are given a shiny, brand new ride (you). All the parts are fresh and ready to roll. As life unfolds, you notice your car responds great. It makes sharp turns, accelerates nicely, and stops on a dime. As a young person, you probably behaved the same way. You started and stopped when you wanted, usually without thinking twice about what you were doing. It was easy.

After a couple of years, your car might need a little work to keep it smooth. Maybe it could use a minor adjustment to keep it in top condition. Your car still rides great, and it's a lot of fun to drive. After a few more years, though, you find that your car requires major work to keep it operating. You notice the engine doesn't quite have the same acceleration, it takes longer to warm up, the brakes squeak, the engine

lines are clogged, the window leaks, and the weather has rusted the bottom.

You notice that in real life, your body is slowing down. You have put on additional weight, don't have the "wind" you use to, and you need more rest. You might feel like you are rusted underneath, and could use a new coat of paint. In fact, your life might need more adjustments than you ever imagined.

Never fear, your car and your life can be fixed. You can make sure your life keeps running smoothly by practicing a little preventive maintenance every so often. Just like some people add a cleaner to their car to keep the grime away, you might consider adding some "personal cleaner" to your own life. Take time just for you. Wipe away the things that are getting your mind and spirit clogged up. You might say you are taking yourself in for "scheduled maintenance." Take time to assess where you stand on your journey, and set aside occasions to make some adjustments. You might need a new direction to travel in. You might need to find a new hobby or take up a new interest to keep engaged. You might need to eat healthier foods to replenish your body's zest for life. You might need to exercise regularly to retain more of that "younger feeling." You might need to be more forgiving, loving, or caring in order to feel more efficient in your daily life.

Time to regroup is important. Wash and wax the inner and outer you, so that you can sparkle and feel good about yourself. By practicing a little self-maintenance, you will allow your engine to run smoother and better than it ever has before.

SUNRISE EXERCISE—TUNE YOUR ENGINE

In an effort to keep your internal engine clean, write down one way to work "scheduled maintenance" into your life. Maybe this is a weekend away to get refreshed, an hour to do what you want to do, or a relaxing massage to take away the

stresses of life. There are many tune-ups you can access to keep in balance. Try something new. Schedule it and enjoy.

My Scheduled Maintenance is:



Day 13

THE KEYS TO HAPPINESS

The greatest discovery of my generation is that man can alter his life simply by altering his attitude of mind.

—William James

Five Keys to Happiness

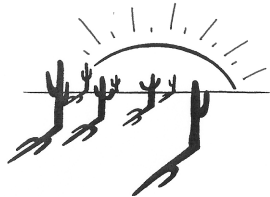
I have seen many positive and happy people in the world. By observing how they live, I have gained a better understanding of how to become and stay a happy person. These are my five keys to happiness and enrichment:

1. Be humble and grateful for what has come your way.
2. Give more than you receive.
3. Find your purpose for being here.
4. Develop the positive within you.
5. Keep family close and your faith closer

SUNRISE EXERCISE—KEYS TO HAPPINESS

My Five Keys to Happiness are:

1. _____
2. _____
3. _____
4. _____
5. _____



Day 14

IT'S ALL IN THE ATTITUDE

Keep your face to the sunshine and you cannot see the shadow.

—Helen Keller

Attitude

Attitude is such a vital part of our makeup. Attitude speaks volumes about who we are. It is very high on the list of how people view us, so high in fact, that our attitudes can even overshadow the best of our abilities. Look at the benefits of a good attitude. A good attitude will keep us laughing harder, cooperating easier in our relationships, connecting with our bosses on higher levels, and allowing us to worry less.

But more importantly, our attitudes will dictate how we react to situations in life. Charles Swindoll said it best when he stated, “I believe life is 10% what happens to me and 90% how I handle it.” Undoubtedly, your attitude is very important in how you handle life’s peaks and valleys.

Tim was miserable at work. Frank, his boss, was very controlling, and looked over Tim’s shoulder at every opportunity.

Frank wasn't very *easy* to deal with, and he distinctly put himself before *anyone else*. Tim felt trapped with nowhere to go. He didn't know if he could take the suffocating atmosphere any longer. Tim had reached a breaking point. So, he decided to do something different.

Tim was determined to put his best foot forward despite the hardship he faced. He wanted to stay with the company, so he began visualizing a better work environment. He started smiling a lot, being considerate, and went out of his way to help his boss. Before long, Tim's plan began to flourish. The whole office attitude changed. Others began imitating Tim, feeding off of his new, positive way of thinking. Higher management started taking notice. They noted how Tim was willing to do what it took for the sake of the team, and how he was able to perform well in a tough environment. Before long, Boss Frank was asked to leave because he was unwilling to change. As a result, Tim got promoted because he took a new approach to an old situation.

A positive attitude will change the tempo of every aspect of your life. A positive attitude at work will let your co-workers see that you are willing to assist. A positive attitude at home will send a message to your family that you can be flexible and supportive. The value of a good attitude is priceless, so choose today to commit to a positive attitude, and watch your life become more vibrant and manageable.

Positive Light

As you walk down the road of life, what kind of positive light do you give off? Consider that your inner light is a measure of your positivity. How bright can you shine your light?

As we gain wisdom through life experiences, we learn how to make our light radiant, and how to exude the positives with greater enthusiasm and intensity. We realize that our light can make other lights stronger. We discover all lights are connected

to the road of life. As we learn to burn brighter, the darkness becomes less noticeable.

Now, envision walking through a dark tunnel, your tunnel of life. Imagine that to get to the end of the tunnel, you must generate light from within to see. It is up to you to shine light on the tunnel walls, in order to make your way to something better and greater. How bright will you shine your inner light? Will you walk with just enough light to take your next step, or will you shine brilliantly enough so you can take many steps without falling? We all walk the tunnel of life everyday. So, let others see the best light you have to offer, and allow your inner flame to burn brighter as time goes by.

What Does It Take to Be Positive?

- 1.) *A Great Attitude*-being open and receptive is 80% of the battle.
- 2.) *Willingness*-find the good that goes beyond the surface, and be ready to search where others won't.
- 3.) *A Happy You*-before you can find what is positive in others, find what is positive in you and embrace it.
- 4.) *Thinking Positive Everyday*-there is so much in life to be positive about. Find the best and leave the rest to someone else.
- 5.) *Persistence*-with all that can go wrong, staying positive everyday takes practice and persistence, but it is worth the effort.

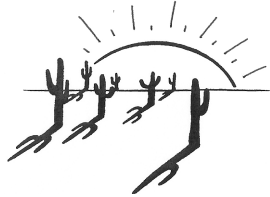
SUNRISE EXERCISE—ATTITUDE

Describe your present attitude on life below. List two or three ways to improve your attitude in the next week. Work on these improvements each day this week. Continue to strive for improvement throughout the trial. Reassess your total progress at the end of the week.

Present Attitude on Life:

Improvements to make:

Attitude Improvements made at end of the week:



Day 15

ACCENTUATE THE POSITIVE IN LIFE

To do is to be. —Descartes

To be is to do. —Voltaire

Do be do be do. —Frank Sinatra

Commit to be Positive

Being positive all the time is hard. With all the terrible things we see on TV, sometimes the negativity can weigh on us. When we commit to be positive, though, we are making a choice to find something better.

Choose to surround yourself with other positive people. Choose to see the best in each and every situation. Choose to be a positive example for your loved ones. Choose to be positive for yourself. Choose to be positive because you think it might be a better way to live.

Commitment to be positive takes courage, discipline, and heart. When we say we care enough to support others with kindness and encouragement, we bring out the full potential

in those around us. So, commit to be positive, and watch how your commitment pays many positive dividends in the future.

Choices

In life, we have many choices. We choose our friends, our work, our attitudes, and our visions for the future. We can live for today, tomorrow, or for nothing at all. We can keep the status quo, or work our way toward the people we are meant to be. Choices are plentiful. Your life is in your hands.

For those who choose to be positive, your attitude will help you do, be, and become. It will help you accomplish what others say you can't. Your positive outlook will help you find the best in others, and find what is valuable in the world. Choose to be positive, and keep striving for something better.

10 Ways to Brighten the Day

Here are 10 ways you can make a positive impact on those around you:

1. Smile a lot
2. Give compliments when deserved
3. Seek other opinions when needed
4. Reinforce the positive in any situation
5. Give hugs
6. Say, "I love you" to those you care about
7. Be a kinder person

48 Enrich Your Sunrise

8. Show you care

9. Understand another perspective

10. Be grateful for another day of life

SUNRISE EXERCISE—BRIGHTEN THE DAY

Choose your favorite *Way to Brighten the Day* and put it to good use everyday this week.

My favorite *Way to Brighten the Day* is:



Day 16

A STATE OF MIND

It is never too late to be what you might have been.

—George Elliot

No Boundaries

Positivity knows no boundaries. When we put our best foot forward and share our positive attitudes, they spread like wildfire. I say, time and time again, positivity is contagious. Spread it, and others will catch it. Think of it as, “the good virus.” Think of your positive attitude as a virus that will make others more positive too. It will mutate into many useful forms.

Other people will become positively affected and pass it on down the line. You will never know how far it will go, but you will know that it’s good. Isn’t it time to spread something good from person to person? Your words and attitude have a great affect on the people around you. Give them the best you have. In doing so, people will truly “catch” the unique positivity you have to offer.

The Positive Mind

The power of the positive mind is tremendous. In fact, it's so powerful, the mind can go far beyond what the body will allow on its own. The mind absorbs many positive and negative images throughout the course of a day. We must use the power of our minds to make simple choices about what to accept in our lives. When we have a bad day, we can still choose for tomorrow to be better. When we evaluate where we stand in life, we can always choose to come up with a plan for improvement. When we make an effort for excellence, we can always choose to do better on the next attempt.

The power of a positive mind can work to your advantage. When you think you can, you will. When you believe in what can happen, it usually occurs. When you hope for the best, the best usually finds you. When you choose to use your mind to positively move forward, you are making one of the best decisions you could ever make in your journey through life.

Reminders for the Day

Wherever you go and whatever you do, you have choices.
Choose to be positive.

Life is too short not to give the very best you have to offer.

Find the best in others, and they will find the best in you.

To generously give of yourself is to pass on the many things you have learned along the way.

Everyday is a new day to be the positive you.

Put on your positive shirt and your positive pants, and go knock their negative socks off.

A State of Mind

Positivity is a state of mind. Choose to be positive, and that is what you will be. Remain open, focused, and creative. Good things will happen when you stay positive.

SUNRISE EXERCISE—POSITIVE MIND

One thing in my life that I will remain positive about today is:



Day 17

STRESS RELIEVERS

Slow down, you move too fast. You gotta make the moment last.

—Paul Simon & Art Garfunkel

Have a Laugh

One of the best ways to release the stresses of the day is to have a good laugh. Laughing is the soul's way of getting some much-needed exercise. Laughing can release worries, tension, high blood pressure, anger, and frustration. We would benefit greatly to laugh a lot everyday.

Laughing can reinforce our positivity, and help us realize that the day's trials and tribulations aren't so bad after all. Laughing is also contagious. Others will laugh too as you do. So have a laugh, feel better, and stay well.

SUNRISE EXERCISE—HAVE A LAUGH

Choose one day to capture a lot of laughter. Tell a few jokes, watch a classic comedian tape, play an oddball board game, watch your favorite TV comedy, call that friend who makes you laugh. Make this your "laugh a lot day."



Day 18

A TIME TO BE GRATEFUL

You are only one thought away from a good feeling.

—Shelia Krystal

This is the Moment

Have a seat and take a break, this is the moment. This is the moment to truly realize and appreciate the fact that you are alive. This is the moment to be grateful for what has come your way. This is the moment to visualize the good things to come.

We often don't take moments like this to understand that we can be someone better than we are today. Well, here it is. Here is one great moment to set a goal, or to make an effort, no matter how big or small, to become a better you. Maybe you decide to have an attitude adjustment, to develop a kinder state of mind, to lend a helping hand, to understand another perspective, to go the extra mile, or to just pick yourself up.

These are many options that will get you on your way to becoming something greater. Here it is. Now is the moment to commit to a more positive you and a more positive way of life. Good luck.

Make Time

Make time to stop and appreciate what you have.

Make time to notice something positive you haven't before.

Make time to tell someone you love him or her.

Make time to evaluate where you are in your journey.

Make time to plan where you are going.

Make time to lend a helping hand.

Make time to understand.

Make time to commit to moving forward.

Make time to enjoy your life.

Make time to be positive.

Grateful

Focusing on life's positives is a great thing, but focusing on the positives with gratitude is even more rewarding. It's hard not to be grateful for the many blessings in our lives. With so many great people and great things to fill our senses, it's hard not to appreciate the beauty that is around us everywhere. Give thanks for the great things that have come your way and the people that have crossed your path. Realize that the good things in life don't necessarily deserve all the gratitude. Many of your bad experiences also make you appreciate the good things even more.

Being grateful regularly can make you open to more possibilities in your life. There is a great joy and a great carefree feeling in being grateful. It allows you to see things as they are without taking them for granted. So, be appreciative of your experiences, and receive the benefits that come from being grateful.

Thankful

How thankful am I for another day?

It is another day to improve.

It is another day to set a positive example.

It is another day to be grateful for life.

It is another day to take action.

It is another day to plan for the future.

It is another day to be someone's hero.

It is another day to dream.

It is another day to make a positive difference.

You bet I am thankful for another day.

Embrace

With all we have to do, sometimes, we don't slow down enough to embrace the present. Awesome moments often pass us by without a second thought. Look around; embrace what you have today. Life is exactly what you make it. The

positive things in your life are there for a reason. Rejoice in them. Be grateful for where you are, and embrace the possibilities of where you can go. Don't worry so much about what you don't have. Today is a great day to hold on to what you do have.

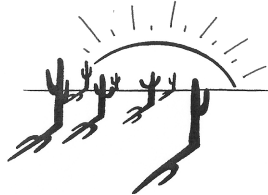
Take a moment to give thanks for all the positive influences that have entered your life. If life hasn't been that kind to you lately, take a moment to envision the positives that are surely coming. Today is a great opportunity to cherish your unique talents. Embrace your life, embrace the beautiful person that you are, and embrace the marvelous person you will become.

SUNRISE EXERCISE—GRATEFUL

At the end of the day, take three minutes to look around and appreciate the many fine people and things in your life. Take these moments to heart, and count your lucky stars.

SUNRISE EXERCISE—EMBRACE

Take three minutes today to stop for a moment, relax, and embrace the world around you.



Day 19

EXAMPLES TO FOLLOW

Even if you're on the right track, you'll get run over if you just sit there.

—Will Rogers

Actions Speak Loud

We are a nation of communication. Communication is good, but sometimes, too much emphasis is put on the spoken word. Some of the greatest, all-time lessons are learned through action. To say we will do something is one thing, to actually do it is another. We become so concerned with telling others, “don’t do that,” that we forget to show them what to do. Watching my family love, laugh, listen, and serve represented my life’s greatest lessons.

Granddaddy Hughes was a man of action. Of course, if he had to tell you something once, he had to tell you ten times just so he could clearly get his point across. It wasn’t what Granddaddy said, though, that impacted me the most. It was what he did. Granddaddy was dedicated to his wife Sarah for 65 years. He was loving, kind, helpful in every way,

and rejoiced in his family. He was considerate to everyone around him, and he went out of his way to help others, including the needy and the many customers he served in his electrical business. *Actions do speak loud, and Granddaddy's actions spoke volumes to me.*

An example like this can affect anyone, but especially, it can influence kids the most. Kids won't do what you say; they will do what you do. Your positive influence and *positive actions* are vital to those around you. Your ability to act on your words will demonstrate to others how to live through the positive example. This is one of the truly special gifts you can pass on to another person.

Role Model

How important are positive role models to you and I? They are drastically important. There aren't as many today as there once was, but we can help change that statistic with our actions. The youth of America and the world need people like us to look up to. They need people who give unselfishly, teach with passion and instruct carefully, show respect and encouragement, are involved in their loved ones lives, teach right from wrong, and back it up themselves.

Yes, you and I can make a difference. You can be a friend, a mentor, and a positive influence to the people around you. You are needed now more than ever.

Love Life

Are you a lover of life? My friends, Chris and Erin, are great examples of people who love life. They love to entertain others. When they get together with close friends, they laugh and carry on with a great enthusiasm. Chris and Erin appreciate time with family and friends as much as anyone I know. They regularly ask different couples to travel with them as a way

to fully enjoy each one of their friendships. One great challenge for us is to appreciate and enjoy our time while on earth, and to love life with a greater passion each day.

Pass It Down

We all have the potential to be someone greater than we already are. Our unique talents differentiate us in every way. Potential is the grand process of maximizing our talents through development and practice. So, what are your talents?

Some of us need advice and direction when developing our individual talents. This is where you and I come in. One of the tremendous acts of the positive person is to help others identify their special skills, encourage them to pursue those talents, and help them develop into the best they can be. (or find someone with the specific knowledge who can help)

There are few greater rewards than helping others bring out the uniqueness that lies within them. To pass down your own positive expertise to the next generation, or to someone who wants to learn, is absolutely priceless.

You are keeping a part of your own life alive long after you leave this earth. At the same time, you are fostering personal growth, and helping others to become the best they can be. This act is one of the most beautiful things a human being can ever participate in.

SUNRISE EXERCISE—EXAMPLE

One way I can be a better example to those around me is:

60 Enrich Your Sunrise

The talents I can pass down to others are:



Day 20

COMPROMISE

The way I see it, if you want to see the rainbow, you gotta put up with the rain.

—Dolly Parton

Compromise

Life is full of compromises. We learn, at some point in our journeys, to give and take. For example, look at marriage. Good marriages incorporate many compromises. Most couples decide to meet in the middle, in order to keep the peace and keep life moving.

Compromise is just another way of saying, “You didn’t get your way, and I didn’t get mine, but here is something we both can live with.”

As a little girl, Step dreamed of getting married on the beach. She loved the outdoors, and wanted to be in the sunshine on her wedding day. I always imagined an indoor wedding because it was what I grew up seeing, and my church also required that I have indoor nuptials. Step and I decided not to have one or the other. We had both. After we got married in a little church in Maui, we went to the beach, where we shot

our wedding video and took most of our wedding pictures. Step and I got to stick our feet in the sand, feel the breeze, and watch the waves crash onto the shore. The day was brilliant and a win-win situation for both of us. It was a wonderful compromise that made us both very happy.

Compromise allows us to continue to move forward in life without getting constantly hung up on satisfying our every need. It also demonstrates that we are capable of being agreeable and giving without putting ourselves first. Compromise is rewarding because it brings success, freeing because it allows us to move on, and telling in that we are positive, adaptable human beings.

Compatible

To be a compatible person takes a lot of hard work. When we work with people from all walks of life, we must be flexible. We have to consider being open to other opinions, while having the fortitude to voice our own as needed.

Sometimes, we don't get along with everyone we work with. It takes a concentrated effort to put aside our differences and come together everyday for the common cause. It takes a great deal of unselfishness to do our jobs well when there is office unrest.

You, as a positive person, must set a good example. When you put your best foot forward, others will follow your lead, or they will step aside. Do not let others' inadequacies get you down. Poor attitudes will sink like a ten-ton anchor when you exert your positive energy and show a willingness to give and take with your co-workers.

So, stay positive in the workplace, and strive to keep stay compatible with those around you.

SUNRISE EXERCISE—COMPROMISE

Think of one situation you could compromise on, and then consider meeting in the middle for a resolution.

One situation I can compromise on is:

I resolved the conflict by:



Day 21

OVERCOMING DOUBTS

When you get to the end of your rope, tie a knot and hang on!

—Franklin D. Roosevelt

I Think I Can

You can do what you set your mind to do. You can be who you want to be. If you think you can, you will. These are simple and successful truths that positive thinking people use everyday to make things happen.

Shakespeare said, “Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt.” How true that statement is. We often don’t try because we get too fearful, or think we aren’t good enough to get the job done. Life doesn’t have to be a series of, “I can’t” or “I didn’t.” Life should be, “I can” or “I did.”

Evan was good looking, but really didn’t date much because he was shy. One evening, Evan was in a restaurant with his friend Tom, when he saw two younger women and their parents sitting across from them. Evan took one look at Amy, and was floored by her beauty. He felt an overwhelming

sense of urgency for her. Evan knew he could not leave the restaurant without making contact with Amy somehow. To meet her, he had to consciously put his shyness aside. Evan decided to write Amy a note on the back of his bill, and leave it with her as he left the restaurant. Whatever the outcome was to be, Evan would have no regrets. He had made an effort without giving in to his doubts. He wouldn't look back and say, "It could have been different." Amy not only read Evan's note, but also called him the next day. Many conversations followed, and they dated for the better part of two years.

Fighting our fears is only hard if we make it hard. Working through our uncertainties can be one of the most rewarding experiences we will ever know. So, instead of shying away, look your fears right in the face. Step up and take a chance. Keep repeating to yourself, "I can do this," and guess what, you will.

What Keeps You Going

There will be times in life when we will feel defeated. We will feel like we can't go on. We can and we must. Our positive spirit within will help us rise again. Our sense of perseverance will push us forward. Our quest for self-improvement will keep us seeking something better and more meaningful.

For those who are down, the time has come to rise. For those who are sad, the time has come to smile. For those who are angry, the time has come to forgive. For those who are negative, the time has come to be positive. For those who are directionless, the time has come to have purpose. For those who live in darkness, the time has come to see the light.

The time to be positive is right now. Life is much too brief to dwell on what hasn't been or what you haven't done. Life is about moving forward today. Stay strong and stay positive.

Perseverance / Persistence

Many times, we give up too soon. We give up on our jobs, our dreams, our loved ones, and our happiness. When times get tough, we have a tendency to cave in prematurely, instead of sticking it out to the finish. Let me tell you about perseverance and persistence.

Perseverance is, by definition, “steady persistence in adhering to a course of action, a belief, or a purpose.” To persevere and to persist is to stay your course no matter who tells you that you aren’t good enough, or that you can’t do it. If you don’t have a purpose in life, don’t worry, you will find one. In whatever you find, persist with a sense of meaning. Embrace your special talents (we all have them). You will see that the peaks and valleys of life don’t seem so big to conquer when you are persistent.

Fred had an idea to ship packages across the country by airplane. In need of start-up financing, the banks told him his idea of overnight package delivery would be risky. Investors and financiers were extremely apprehensive. Fred was told that his plan would ultimately fail. Refusal did not stop Fred from pursuing what he knew would work. He believed in his idea wholeheartedly, and knew that with time, businesses would recognize the need for quality overnight service. He kept persisting when doubters were all around him. Eventually, Fred Smith was able to start Federal Express, and grow it into one of the most successful businesses in the world.

Keep fighting to keep your hopes and dreams alive. The catchy phrase, “persistence prevails when all else fails” is alive and well. That quote sits on the top of my computer, where I can see it everyday. It reminds me to believe in myself, even if other won’t. So, stay your course, live with purpose, keep trying when others say you can’t. Your sense of perseverance and persistence will allow you to remain steadfast through anything.

Positive Patterns

Have you ever wondered how to deal with your thoughts, especially those that are negative? Do you let them run wild? Do you suppress them? What do you do with them?

Human beings are remarkable. If we really want to do something different, our minds respond instantly. You can use your negative thoughts as an opportunity to create positive ones. First, you must learn to change your focus when negativity appears. Learn to recognize a pessimistic situation when it is beginning to develop. Why are you really feeling this way? Change your negative thoughts into positive ones. *Think P for N.*

Going forward, pick one situation in your life that you refuse to be negative about. Think of that positive situation as a night-light that must stay on all hours of the day. No one can turn that light out. Concentrate on keeping that situation positive by refusing to let doubt creep in. Continue to slowly replace negative thoughts with positive ones in other life areas as well. With time, practice, and patience, you will begin to catch your negative patterns as soon as they surface. This doesn't mean that you will never have another negative thought, but now, there is something you can do about it. Over time, you will begin to see how well your thought replacement efforts positively affect your responses and reactions to people around you.

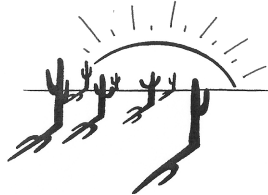
SUNRISE EXERCISE—I THINK I CAN

One of my fears is:

The action I will take this week to overcome this fear is:

SUNRISE EXERCISE—POSITIVE PATTERNS

Practice the art of catching yourself in negative thought patterns. Perform this exercise throughout the day if possible. Get a pack of small round stickers. As soon as you are aware that your mind is working negatively, put a sticker on your arm. Then consciously work to change that negative thought into a positive one. Think *P for N* (Positive for Negative). Put a sticker on your arm each time you have a negative thought. At the end of the day, count the total numbers of stickers. You may be surprised at the outcome.



Day 22

VISUALIZE THE RESULT

You must begin to think of yourself as becoming the person you want to be.

—David Viscott

Visualize the Result

Some people have vivid imaginations. They create in their minds what they would like to see happen. Then, they bring their imaginations to life. You can bring your imagination to life too. One of the keys in making your visions reality is to practice the art of positive visualization. Let me give you an example.

Have you ever seen a golfer rehearse before playing? Professional golfers and talented amateurs frequently play over in their minds how they are going to hit their next shot. They see a good result, and then try to make that visualization a reality. How many of us play over the good things that could happen in our everyday lives, and then watch them come to fruition?

Practicing positive visualization with regularity will keep us in a more positive frame of mind. Visualization is vital to breaking up the negative cycles that get us down. You become what you think, so make sure to incorporate visualization into your life for better results.

Seeing yourself as the last one standing will strengthen your confidence. Be the absolute winner in your mental picture. Before you know it, your positive thoughts will turn into positive results.

SUNRISE EXERCISE—VISUALIZE THE RESULT

Practice the exercise of positive visualization. Choose a situation and focus on seeing a positive result. (Example: I'm shooting an orange basketball...swish. Now, I'm shooting a yellow basketball...swish. Now, I'm shooting a green basketball...swish) Positive visualizations can be anything you want them to be, as long as you imagine a positive outcome.

My visualization:



Day 23

FINDING FAITH

To be happy, drop the words 'if only' and substitute instead the words 'next time'.

—Smiley Blanton

Meaning

I often ask myself, “What meaning is there in my life? Exactly, what am I doing, and who I am doing it for?” Although there are many answers I could give, the true meaning in my life is most always quantified by my faith in God.

My faith is the root of my tree, and the foundation of my house. My faith in God is what keeps me going through every circumstance, good or bad. Whether your faith lies in God, in love, in someone dear to you, or in helping others become better people, whatever the cause, your belief in the values and principles that you hold near is where your life’s meaning dwells.

I believe that when you search for meaning, you will benefit greatly by fully examining your belief system. There you will find positivity, beauty, a willingness to live and improve, and the affirmative qualities that can make a big difference in the rest of your life.

A New Perspective

When we get hurt or suffer a setback, we often wait for the pain to diminish. We focus on the personal nature of the situation, which keeps us longing for things to get better. To brighten your outlook, think of seeking another perspective.

You will find that your pain or loss becomes more manageable when you can talk to someone who has been through the same experience. Your family, friends, even people worlds away, can give you a different view on dealing with loss, which will allow you to connect with others on a more comforting level. Seeking other perspectives reinforces one clear point...we are all connected. We can help each other through anything.

Reaching out will only help you to endure your own troubles. Understanding another perspective will help you see a brighter ray of light, and help get you back to a stronger state of confidence. So, seek other viewpoints, and watch how your mind opens up to a better tomorrow.

SUNRISE EXERCISE—MEANING

My belief system includes:

SUNRISE EXERCISE—A NEW PERSPECTIVE

Make an effort to understand a new perspective today. See a situation from someone else's point of view for a better understanding of your own. Write down the description of that new perspective here. Refer to it from time to time.

The new perspective I found is:



Day 24

RELY

*Success is that old ABC-Ability, Breaks, and
Courage.*

—Charles Luckman

Rely

Having faith in others is vital to our success. To succeed and prosper, we need help. We need support, love, encouragement, and assistance from others to make it. Our families, co-workers, and friends are part of the network we were born into, and part of the infrastructure we have assembled on our own. So, don't forget to rely on them.

You probably think that a job is often done right when you do it yourself. While this is true in some cases, remember that help is available to you. There are many ways to get the job done, and you don't have to do it alone. It's ok to ask for help. More than likely, someone will be more than happy to assist you.

Billy started a charity golf event to raise money for the Poor Sisters of St. Clare, a cloister of nuns dedicated to praying for individual and world needs. There were so many

details involved in organizing the event, Billy felt overwhelmed handling it all. He asked his son for help, but still felt an obligation to attend to every detail. Finally, after some thorough convincing, Billy was persuaded to rely on his family and friends a little more for support. They were ready to assist. All he needed to do was to trust that the responsibilities could be given to others without losing efficiency. Eighteen years later, the golf event is bigger and better than ever because of the generous support of its valuable volunteers.

Relying on others goes a long way. When I began work at FedEx, I experienced a true team environment for the first time in my business career. I was amazed, as well as excited, to see co-workers who were so willing to assist each other no matter what the task was, and not complain about how late they had to stay to get the job done. Susan, our manager, encouraged us to put the team first before anyone else. We fed off of her positive attitude and management style, and actually had fun at work. It reminded me of my basketball days at Rhodes. None of us could ever claim a victory without the rest of the team. We won and lost together. Our team at FedEx thrives in that same atmosphere. Taking a positive, collaborative approach to work motivates us to continually move forward and achieve our goals.

Enrich Your Sunrise

Here are a few things to help your inner light burn brighter:

- 1.) *Today is a New Day*-yesterday is in the past. Today you can start from scratch if you need to.
- 2.) *Keep the Faith*-things that appear to be going badly can turn around at the drop of a dime.

- 3.) *Give a Big Smile*-your smile today will make someone smile back at you.
- 4.) *Practice Patience*-calmness will pay off for you in more ways than you can count.
- 5.) *Go For It*-put your best foot forward, and see the great things that happen!

SUNRISE EXERCISE—RELY

Create a task that you will be responsible for completing. Recruit two reliable people to assist you. Delegate at least 40% of the project work to these two helping hands. Note how much time it takes the team to finish, in relation to, how much time it would take you to finish alone. Try to complete the exercise within one week.



Day 25

FEEL THE PEACE

We make a living by what we get, but we make a life by what we give.

—Winston Churchill

Worry Free

We tend to worry all the time. We worry about what to wear, the car breaking down, losing a job, or the lack of money. It's not necessary to worry so much. There are things in life that are in our control, those actions that we directly participate in. However, it's unproductive to let the things that are out of our control pervade our lives. (situations we have nothing to do with)

The world will do what it wants. The more you can simplify your journey and eliminate what is unnecessary, the more worry free you will become. Learn to only worry about what you can control, and forget about what you can't. Remain positive, and take life one day at a time. You will see just how your days and nights become filled with greater peace.

Positive Peace

Have you ever noticed when you do something positive, how peaceful you feel? That's because there is peace in encouraging others. There is peace in lending a helping hand. There is peace in giving a part of yourself for someone else's benefit. There is peace in the power of positivity.

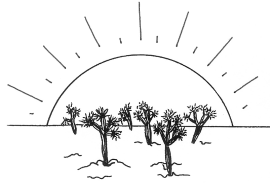
We are all connected. So, when we reinforce those connections with generosity, kindness, and love, we experience a tremendous peace within. Our lives seem in order, our spirits seem to be in balance, and our worth seems undeniable.

You are worth more than you know. So, keep striving to make your example a positive one, and experience the positive peace that follows.

SUNRISE EXERCISE

Today is a "worry free day"

I will not worry about this today:



Day 26

PROTECT

There is little traffic on the extra mile.

—Unknown

Protect

To protect is to love, to save, and to hold the welfare of our friends and loved ones in the highest regard. To protect someone makes us and the protected feel safe and secure. It gives us a ticket away from our fears, and allows us to grow, prosper, and move forward in a sound frame of mind.

Looking out for our neighbors, family, and friends will help to keep the positive peace. When we can lend a helping hand or a watchful eye, we can make our world a better place, no matter how small the act. We can be a positive force by helping to protect the people that need it. By performing these honorable acts, we are showing respect for our fellow man and exhibiting great care and concern for the greater good.

Positive Prayers

The world is in need of positive people more than ever. Men and women, fighting for freedom, rely on determined and positive attitudes to achieve their desired outcomes. The protectors of worldwide peace need our support and prayers. Our positivity on their behalf will make a difference.

Positive Call to Action

When times get tough, there is a special call to action. Although there is ongoing conflict in the world, you and I are called to action in our everyday lives. Now is the time to listen extra carefully, understand a little bit more, relate on a higher level, support your country's efforts with prayer, and be a better example for those who look to you.

Your positive attitude plays an important role in the outcome of your day. It also has an effect on the people around you. Positivity is infectious, and it is needed in many forms and fashions during days of uncertainty. One thing is for certain...the ability of many different people to rally around common goals and stand on common ground is what makes America such a strong, united nation.



Day 27

LIFE IS LIKE A TREE

*Opportunities are usually disguised as hard work,
so most people don't recognize them.*

—Ann Landers

Life is Like a Tree

In many ways, life is like a tree. When we are born, we plant roots in the ground and establish a base. As we become older, we grow faster, sprouting upward and outward. We take in water and nutrients to grow ever stronger. Soon, we are tall enough to weather life's storms. We develop more branches, and laugh as we sway in the wind. As the years go by, we are able to provide shade to those who stand beside us. We love the sun and being outdoors. We come and go with the seasons, receding for a time, only to become strong and bright once again.

Life is indeed like a tree. Our branches represent all the paths we have taken in our lives. The branches, though separate, still form the base of the tree and represent all that we are becoming. Our paths, in the form of the branches, need to be full of variety, experience, understanding, nourishment,

love, kindness, sun, shade, and persistence. We know that through life, we will emerge stronger individuals. We learn to seek daily improvement. We know that we are connected to others, just as much as the tree is connected to the earth. We learn and grow everyday. We stay true to who we are through the many paths of our lives. May you become a strong and mighty tree on your personal journey.

Weather the Storm

Our wonderful ideas and creativity, which we work so hard in cultivating, will be praised and rewarded. Those same ideas will also be criticized and condemned. We have to remember to remain positive and true to our ideals in whatever comes our way. People will love our work, and find fault in it too. There is never an opportunity to satisfy everyone.

This is where your positivity becomes your greatest asset. People will tell you that you can't; show them you will. People will try to make you quit; show them you won't. People will tell you that you can succeed; tell them, "Thanks, and by the way, you are right." You must continue to persevere and continue to grow on your personal journey. That means remaining true to yourself, and true to your beliefs. Your commitment to stay on a positive path will ultimately help you weather the storms of life.

Ability to Change

We absolutely have the capacity to change. Maybe we want something better from life, maybe we want to gain control over something that controls us, or maybe we just want something different than our normal routine.

Many say it can't be done, that we can't change. We can. Human nature, as we know, is full of change. The earth is in a constant state of regeneration, which is why we experience the

different seasons. So, naturally, we change as well. When we look at our daily lives, we often think that little varies. By taking a closer look, we see that over time, we change in dramatic fashion. We crave different careers, different experiences, new hobbies, new friends, new towns, and new ways of life.

There are distinct times in life when we realize, that to win, there is no other alternative except change. In my late twenties, I spent time searching for that special someone to share my life with, but nothing ever seemed to last. I felt I was more than ready for commitment, yet nothing was coming together like I hoped it would. Why was that? First, I had not met the right woman, but that certainly wasn't my fault. After looking a little deeper into my behavior, I found there was something else that I had not considered. What I discovered disturbed me. I saw, for the first time, that I was the problem. If I was ever going to be married, I would have to be more considerate, more caring, more giving and more compassionate to the woman in my life. I realized I had to be more involved in what was going on with her, and less concerned about me. To accomplish this feat, I had to accept change. I knew I was capable of changing my behavior, so I became focused on doing something about it. I understood that a transformation would not come immediately, but gradually over time. Changing my behavior took conscious effort and determination. I made a rule to always consider her feelings before my own in every situation. In time, this rule became like second nature. Through that experience, I learned to appreciate and enjoy the process of change. Amazingly, just eight short weeks later, I met Step, the woman who would become my wife. She entered my life at the moment I least expected it, but I was prepared for her. I made sure to follow through on my promise to become more involved in Step's life. (followed the rule) Since that time, I have never looked back.

Sometimes, we change because there is nowhere to go but up. Often, though, we change because we want more out of

life. Our soul yearns for something new. As a result, we learn, grow and eventually transform ourselves. Remember, change is good. You need change. As you travel down the road of life, you will change for the better. You will find your own way. Embrace change, it is essential to the breath of your soul.

There is You

Through anger, there is passion.

Through fear, there is peace.

Through hatred, there is love.

Through sadness, there is laughter.

Through disagreement, there is compromise.

Through indifference, there is emotion.

Through envy, there is sharing.

Through intolerance, there is compatibility.

Through ridicule, there is respect.

Through persecution, there is freedom.

Through disbelief, there is faith.

And through all these, there is you.

SUNRISE EXERCISE—LIFE IS LIKE A TREE

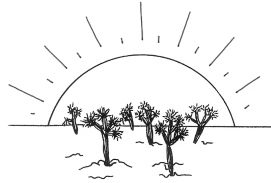
The branches of my tree represent:

SUNRISE EXERCISE—ABILITY TO CHANGE

Write, in order, two things that you would like to change this week:

1. _____
2. _____

Write a simple action plan stating how you are going to make these changes:



Day 28

MOVING ON

I will not let anyone walk through my mind with their dirty feet.

—Mahatma Gandhi

Move On

Sometimes we make mistakes, large glaring errors that can make us look bad. This often makes us feel like failures in our responsibilities. Although crucial mistakes don't happen often, the effects of a poor decision can stay with us for years. Many times, it becomes harder and harder to let these big mistakes go. As I always say, we can and we must get past them.

Chris took a job as a Treasury Manager, which made him responsible for investing the company's cash. He requested a multi-million dollar fund transfer before leaving for vacation, and Chris, somehow, forgot to follow through with the completion of the transaction. When he returned from his time off, Chris came back to a mess. He had cost the company \$10,000 in interest and penalties for failing to complete the fund transfer. Chris felt horribly inadequate, and

knew he had let his team down. How could he do such a thing? Chris's big mistake wasn't intentional, but he learned a valuable lesson about finishing what he had started. Chris also decided to have a second person validate all future transfers, insuring the same mistake would never happen again. Chris's action plan was a pro-active way to get past his feelings of disappointment.

We can't go back and change the past. We can only move forward. The beauty in failing is that we learn how to succeed. Don't let past mistakes negatively affect you for long periods of time. Be aggressive in preventing mistakes from happening again by learning how to get it right the next time. Learn to take the past and positively apply it to the future. Realize, you will make mistakes and big ones at that. Move on as a much wiser and stronger person.

There is...

There is positivity in learning
There is positivity in earning

There is positivity in forgiving
There is positivity in living

There is positivity in adversity
There is positivity in curiosity

There is positivity in compromise
There is positivity in becoming wise

There is positivity in faithfulness
There is positivity in being bliss

There is positivity in your mind
There is positivity in being kind

There is positivity in you and me
There is positivity in all that we can be

Raise the Bar

What kind of introspective questions have you asked yourself lately? Are they the kind that will let you accentuate the positive in your life? Are they the kind that will challenge you? Are they the kind that will keep you moving in the direction of your goals? What kind of expectations do you have? Let's take a look at expectations.

If you expect little of yourself, you will get little. If you expect more of yourself, you will get more. Take a good look at the questions that are important to you, and examine the level of expectations you have assigned to those questions. Are your expectations where they should be?

We can certainly reach higher. There is plenty of room for improvement. We can challenge and lift ourselves to the level of our greatest desires. Expect more, and you will achieve more. Focus on what is positive in your life, and work to improve upon it. Raise the bar you have set, and see how much more productive you become.

SUNRISE EXERCISE—MOVING ON

Some mistakes I have made in the past are:

88 Enrich Your Sunrise

I have overcome my mistakes by:

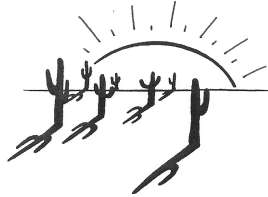
I will overcome future mistakes by:

SUNRISE EXERCISE—RAISE THE BAR

Choose one current situation in your life. Ask yourself:

What do I presently expect from this situation?

How can I expect more in the future?



Day 29

ENJOY THE SEASON

May you have the hindsight to know where you've been, the foresight to know where you are going, and the insight to know when you've gone too far.

An Irish toast—Anonymous

Enjoy the Season

With all the stress that the holiday season can bring, take plenty of time to sit back and enjoy these merry days. Christmas is the grandest time of year, where everyone puts on happy faces, enjoys each other's company, and looks forward to the coming year. Remember, take time for yourself and relax. Exercise regularly, slow down enough to appreciate the wonders of the year, and look forward to the positive results that are coming for you. While others are scrambling to get it all done, take time to be at peace with yourself, and truly celebrate what Christmas means to you.

Give

Christmas is the time of giving. Now is a great time to use your positive talents to give to those in need this holiday season. What better opportunity during the year is there to spread cheer and joy to those less fortunate? I cannot think of any. You could give a food basket, offer someone a meal, assist in buying a present for a needy child, or just spread some cheer.

There are many ways to give for someone else's benefit. It doesn't have to take a lot of money. There are countless, easy ways to use some of your time and talent to help someone in need this Christmas. Use those special skills that only you have. Not only will you be serving someone who truly needs it, but you will also experience a more meaningful and prosperous holiday season.

Helping others will help your quest for positive peace. You will be doing a great human service, and you can absolutely take solace in knowing that others are better off because of your efforts. Many little contributions, from just a few people, will produce generous results. By giving this Christmas, you will furnish your spirit with a much greater sense of peace and tranquility as you head into the New Year. Happy Giving.

You Will Find It

There is peace this season, you will find it...

There is love this season, you will find it...

There is faith this season, you will find it...

There is giving this season, you will find it...

There is forgiveness this season, you will find it...

There is healing this *season*, you will find it...

There is laughter this *season*, you will find it...

There is joy this *season*, you will find it...

There is positivity this *season*, you will find it...

SUNRISE EXERCISE—GIVE

Take this opportunity to jot down how you can give your time, talent, or money to someone else this holiday *season*.

My gift: _____

Day(s) I gave: _____



Day 30

TIPS FOR THE NEW YEAR

A mother was helping her son with his spelling assignment and came to the words conscious and conscience. When she asked him if he knew the difference between the two words, he responded, "Why sure, Mom, conscious is when you are aware of something and conscience is when you wish you were not."

—Anonymous

Three Tips for the New Year

As the New Year approaches, most of us reassess where we stand in our journey. Some people make fairly lofty goals for the coming year, only to fall short of their intended targets. Don't let this happen to you. Now may be a good time to survey your positive strengths, and plan to improve upon some of your weaknesses. Whatever your plan includes, here are some tips for setting New Year's Resolutions:

1. *Keep it Simple*-the smaller steps you take, the easier it is to achieve them.

2. *Walk the Walk*-approach your resolution with the intention of finishing. If you set a goal, then see it through until the end.
3. *Have Fun Along the Way*-setting goals and following them can be tedious. Make sure to add some fun and laughter to your improvement program. Enjoy the process of achieving. Be a more positive you in the coming year!

Five Tips to Get Back on Track

How are you doing with your New Year's resolutions? If you aren't doing as well as you would like, here are a few small tips to get you back on the right track. Try these any day of the week, or everyday, if you are really gung-ho:

- 1.) *Believe in Yourself Today*-acknowledging what you can do in this moment will make you feel good.
- 2.) *Make Someone Laugh*-tell a joke, a funny story, or a good-hearted tale to get your soul awake and alert.
- 3.) *Win a Prize*-give yourself a small reward when you have met a goal.
- 4.) *Make Someone's Day*-send someone flowers, a card, something special that they won't expect.
- 5.) *Recommit to the Positive*-find one positive thing to absorb today to counterbalance the negativity you see on the news, TV, etc.

SUNRISE EXERCISE—NEW YEAR TIPS

My goal for the New Year is:

I am going to make this process fun by:

I am going to reach my goal by (date):



Day 31

WHO AM I?

The person who says it cannot be done should not interrupt the person doing it.

—Chinese Proverb

Words of Kindness

Too many times, we walk by one another and don't say a word. To this I reply, "don't be like everyone else!" We can be positive figures for others around us. There is no better way to start, than to greet someone with a word of kindness. "Hello," "How are you," "You look nice today," "Good Morning," "Nice to see you," are just a few that come to mind.

Kelly went to a small college, where the people were extremely friendly and cordial. It lifted her everyday to hear people's acknowledgments, and she returned the greetings with enthusiasm. Kelly carried this amiable attitude with her into the working world. Most people were very appreciative and accepting of her words of kindness. Others wanted to emulate her happy-go-lucky disposition. Everyone in her office was happy and positive when she was around, because she took the time to set the tone of the day.

Sincere words of kindness only take a couple of seconds, but can make a tremendous difference in a person's day. Some of the simple responses that kind words bring include a smile, a laugh, and a wink. Be a more positive person by speaking a few kind words, and see how it lifts you, and others around you.

What You Give

To give is to receive. It is in the giving of ourselves, which includes our resources, our time, and our talents that we can improve another time, place, or person. Why give? Simply put, giving provides us with the power to make someone's life better. It is in giving that we receive peace in knowing that someone else is better off. It is in giving that we receive the beautiful grace to persevere through life.

It is in giving that we receive a great love that accompanies unselfishness. It is in giving that we receive pure satisfaction and fulfillment in living for a greater purpose. It is in giving that we find life itself.

Accept

Sometimes, in our effort to control things, we lose a sense of ourselves. The world will do what it wants, whether we like it or not. Instead of trying to control everything, learn to control only the things in your own life.

By looking inside, you can focus more on who you are and what you want to become. You can learn to accept where you are in life, and plan on where you want to go. You can accept your failures with graciousness and your victories with gratitude.

Accepting yourself is a big key in becoming a more positive person. When you can accept the person you are, you can open, blossom, and show your true colors to the world. No

longer will you be centered on controlling things, but you will be focused on becoming the best you can be.

SUNRISE EXERCISE—WORDS OF KINDNESS

Make a point of greeting three different people today. Greet them before they greet you. Note how many positive responses you receive in return.

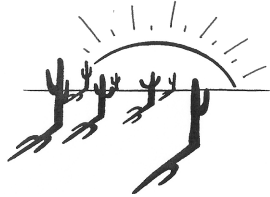
SUNRISE EXERCISE—ACCEPT

Who are you, and what do you accept about yourself?

I am:

I accept:

I want to become:



Day 32

THE INNER SELF

The true worth of a man is to be measured by the objects he pursues.

—Marcus Aurelius

Take Life In Stride

It is hard to always know what life has in store for us. Sometimes, life ebbs and flows like the tide, sending us back and forth and back again. Once we think we have life where we want it, the unexpected happens. Life catches us off guard and sends us reeling.

We must always expect the unexpected. When life comes calling, it's much easier to view the unexpected as an opportunity to learn. A great coach once said, "I never get too excited when we win, and I never get too down when we lose." Life is full of wins and losses. It's just as important to be a graceful winner, as it is to be a gracious loser. People, who can courageously accept the highs right along with the lows, have a great perspective on the cycles of life. Learn from your victories and grow from your losses. Take life in stride, expect the unexpected, and remain the positive person that you are.

Balance

As life goes on and years go by, balance seems to become more important. A balanced life is just like a balanced diet, which includes many essential and key ingredients for nourishment. If you concentrate in one life area too long, you might lose awareness of your other responsibilities. Balance is the key to keeping life in order.

You may need many outlets to keep your interests going. Make sure you have a small part in a lot of things that you like to do. Work hard, make time to play, spend quality time with your family, and partake in your hobbies. Remember, variety is the spice of life. Be open enough to bring something new into your life, and keep the weights on your scale equally balanced. You will see just how rewarding it can be.

Tell It Positive

There are many ways to Tell It Positive. We can tell someone how much of an asset they are. We can tell a friend how much they mean to us. We can convince ourselves to do it different this time. Positive thoughts and words can have a powerful impact in our lives. What we say is very important. We have the ability to make someone's day, to change a person's mood, or to spread positivity where it is sorely needed.

All we have to do is Tell It Positive. To Tell It Positive is to offer encouragement, to make someone smile, to motivate another to a greater result, to affirm what is already known, but maybe forgotten. To Tell It Positive shows you care. TIP...it will bring out the best in you, while encouraging the best in others as well.

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SUNRISE EXERCISE—BALANCE

I can bring better balance into my life by:

SUNRISE EXERCISE—TELL IT POSITIVE

Whatever you say today, plan on Telling It Positive!



Day 33

REASON FOR THE SEASON

The only expanding I'm doing is in my waistline.

—Anonymous

The Positive Season

While Fat Tuesday is for partying, Ash Wednesday begins the season of Lent, which is a time of reflection and preparation. Lent is a great time to step back and reflect on where we are in life, and more importantly, think about where we want to go. For many, Lent is a time to deny oneself, or give up something one truly enjoys as a symbol of this reflective period. While denial is perfectly fine in its own rite, it is also beneficial to add to our positive world as well. This could mean doing something different that we wouldn't normally do, such as making extra time for others.

Lent is the perfect opportunity to commit to a more positive you. This commitment only needs to be a *small step*. Lending a helping hand, understanding another perspective, smiling more often, offering kind words through encouragement, listening, and being patient are just a few examples of how you can focus on additional positives in your life.

Today is a great opportunity to turn to a new page in your book, during the 40 days leading up to Easter, by becoming a person who looks more for the affirmative in life.

A Reason for the Spring Season

We celebrate many beautiful seasons throughout the year, and spring is one of the best. Spring signifies new life and rebirth. Nature comes back in full force. The trees grow bigger. Nature shows its colors.

Just as the earth awakens from a cold winter's sleep, so too, should we awaken and blossom. Spring gives us a reason to smile, to fill the senses, and to enjoy a renewal in our lives. In this process, you will find many reasons to move forward, and become a more positive and vibrant person. Every spring reminds us of this important seasonal opportunity to improve and advance. So, use spring as a chance to grow into greater positivity and knowledge. Make your own reasons for the season, and spring forward in your life!

SUNRISE EXERCISE—POSITIVE SEASON

One way I can improve and advance this season is:

One small step I will take to become a more positive person is:



Day 34

THE COMPARISON OF LIFE

Most folks are about as happy as they make up their minds to be.

—Abraham Lincoln

The Comparison of Life

We all walk different paths in our journeys through life. Remember, your path is yours alone. No one else can walk in your shoes. You must continue to do what is meant for you. Through experience, you will find your own way, in your own time. Your journey has its own beat, and follows a melody unique to your rhythm of life.

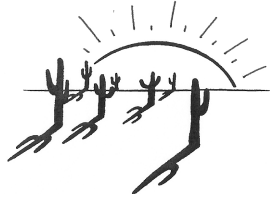
As you walk down the path, be very careful of comparison. Comparison can be a dream killer, and individuality can be a dream maker. So many times, we measure ourselves against someone or something else to give credence to our own lives. In most instances, we don't feel we are as good as the next person, and it kills our spirit. If you are going to compare, use it only as a means to positively push yourself towards a higher level of accomplishment. Be reminded, no one can be

you, and no one can experience life in the exact same way that you can. Your journey on earth is yours and yours alone.

SUNRISE EXERCISE—THE COMPARISON OF LIFE

What things in my life do I compare?

One way I can overcome comparison is:



Day 35

FORGIVENESS AND FEAR

There's no point in burying the hatchet if you're going to put up a marker on the site.

—Sydney Harris

Forgiveness

One of the hardest things to do is to forgive, especially when someone else has hurt you. Many times you want revenge, to get it all back so to speak. There is a better way.

Judy was saddened by the loss of her daughter Tracy to a drunk driver. She was enraged with the man who was so careless, that she wanted him to die. Why did this have to happen? Why Tracy? Years passed, and Judy became very bitter. She wasn't dealing well with the magnitude of the pain, and as a result, became content to keep her feelings inside. Then a miracle happened. When one of her friends went through the same tragedy, Judy was set free from her sorrow. Ellen, a neighbor, forgave the transgressor that killed her daughter Cindy in a drunk driving accident. Judy was so overwhelmed by Ellen's compassion, it changed the way she viewed Tracy's

death. Judy and Ellen consoled each other, and expressed how painful their ordeals had been. Both women, through forgiveness and the miracle of prayer, were able to regain a strong sense of peace in their lives.

When others trespass against you, you are called to forgive. As hard as that can be, (one of the most difficult) it is the only way for your soul to find fullness again. In the end, what good has revenge done for you? You must forgive and let it go. Instead of stoking the fire, douse it with waves. Let your soul climb back to a sense of wholeness, instead of letting anger slowly eat away at you. If, somehow, you can find the courage to forgive, your soul will be greatly served for the future.

I like to think of my fears being driven away in a Rolls Royce (for it is true that once you face a fear, it loses all of its stuffings, and will sit quietly in the backseat, and do as it's told).

—Sark

Fear

We all fear something in our lives. We fear unemployment, lack of money, not taking chances, and taking chances. Fear is the perceived imminence of failure or the perceived imminence of success, depending on how we choose to look at it. We can't let fear ruin our lives.

As I was finishing my high school education, I had to make some important decisions about college. I wanted to go to a smaller school, where I would have an opportunity to play basketball and get a quality education. I chose Rhodes College, a small liberal arts college with a great basketball program. I thought I was on my way.

Not everyone in my family, though, was in favor of me attending Rhodes. Some felt I would be more successful at a

larger university, while others felt that a smaller environment was best. Pressure came from all sides. Soon the magnitude of the decision became very intense, almost unbearable. This was a big decision. Feeling the heat, I went against my desires and attended the University of Memphis. After my first week of class, I realized I had made a mistake. I was not in the right place for me. I had feared letting others down with my decision. It was during this important time that my perception of fear changed forever.

I decided to transfer to Rhodes where I really wanted to be. I made my mind up, right then and there, that I wasn't going to ask, "what if" in my life anymore. What if I had only done what my heart told me to do? I had looked fear in the face, and I had failed. I let it get the best of me. This time, though, I was going to do what was in my best interest, and have a little faith that my decision would be the right one. Fear would not rule my day again. As it turns out, going to Rhodes College was one of the best decisions I have ever made.

One of the most liberating things you can do is to confront your fears. You can't back down. You want to make it to the other side. In that effort, you learn to work through your fears. You, somehow, find the courage to do the very thing you don't want to do. You learn to conquer the doubts that have held you back. Then you are free to move forward with effortless grace.

SUNRISE EXERCISE—FORGIVENESS

One situation that is hard to forgive is:

I can find forgiveness by:

SUNRISE EXERCISE—FEAR

My fears are:

I will overcome my fears by:



Day 36

CHOOSE TO BE FREE

If opportunity doesn't knock...build a door.

—Milton Berle

Financial Freedom

When it comes to money, wouldn't it be great to be free from debt? How would you feel if you didn't have any credit card payments, car payments, mortgage payments? You probably would be elated! Believe it or not, this can happen for you. Eliminating debt is the result of following *simple steps*. Getting serious about your finances is about living on a budget. Many of you think, "I can't do this"...but, you can if you want it bad enough.

Jim and Suzy were in bad shape. They had run up \$55,000 in credit card debt, purchasing stuff they couldn't afford. Once they realized they were in trouble, they felt like they would never make it out alive. After talking it over with a financial counselor, they started tracking their expenses, and began cutting out things they didn't need. They decided not to go on vacation until all the debt was gone. They got focused. They actually started planning their financial future.

Jim got a second job to raise additional money, so they could pay extra on their credit cards. They figured they could apply \$950 a month toward their consumer debt by cutting expenses and earning extra income. In less than five years, they did it. They were debt free. They worked their own financial plan into freedom from high interest and heartache, and vowed never to go back.

Dave Ramsey describes this same sentiment in his book *Financial Peace*. Dave is a master at encouraging people who want to change their financial path. He provides an easy, step-by-step plan that will set you on your way to financial freedom and a powerful peace of mind. The book is available at daveramsey.com

You have the ability not only to affect your future, but also the future of generations to come. Debt freedom is not rocket science. It is a goal that you can simply set by changing the way you live. Achieve your financial dreams, take a positive approach to money, and make the commitment to live on a plan. Your life will change forever.

SUNRISE EXERCISE—FINANCIAL FREEDOM

Get out a sheet of paper. List your income for a typical month at the top. Below your income, list all of your expenses for a typical month, including credit cards and loans. Review your expenses. Decide what is vital to your budget, and what is not. See where you can cut your expenses, or how you might add to your income. Discussing each item will help you figure out how you are going to live on less than you make. Continue this budget process each month for six months. Reassess your progress.



Day 37

WHAT REALLY MATTERS

Happiness is never stopping to think if you are.

—Palmer Soudreal

What Really Matters

At some point soon, you would benefit greatly by taking a positive inventory of your life. Step back, and *assess* what really matters to you. Is it your family, your job, your children, your goals, your faith, or something else? Take inventory, and put those things that really matter into the limelight. Leave those insignificant things, which *seem* so important, (like the TV) behind for a while.

Assess where you have been, and think about where you want to go. Make the people and the things that matter most a priority in your life. Taking this step will allow you to move forward with a greater sense of purpose and focus.

Life is Mine

Life is mine, life is free,
Today, I will be what I am meant to be

Untied to *possessions*, unbound by chains
My mind is liberated from fog and rain

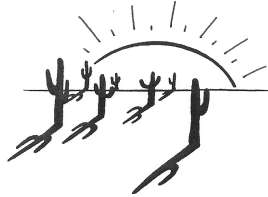
I am one with the world, so let it be
Through toil and struggle, I have found me
Seek good in me, I'll seek good in you,
Together, we can do what we are meant to do

I can only go so far on my own,
But we can do more than you and I alone
Be free with me to reach for the sky,
Let's spread our wings and fly, fly, fly.

SUNRISE EXERCISE—WHAT REALLY MATTERS

Let's take a Positive Inventory. List the most important people and things to you in this world. Dedicate one day to each, either thinking about or doing something special for that person or thing. Make it a priority to put the people and things, which mean the most to you, on the top of your list.

Positive Inventory:



Day 38

PERFECTION

All my life, I always wanted to be somebody. Now, I see that I should have been more specific.

—Lily Thomlin

Perfection

We try and try to be perfect. We demand precision, accuracy, and conciseness in the everyday things we do. Yet, you and I are far from perfect. Perfection is rarely attainable, and not as important as we might think. Perfection is rather exhausting, when we really look at it, while a personal best effort is invigorating. Going beyond where we thought we could go will always eclipse falling short of perfection. Once we can appreciate the fact that mistakes are part of the plan, we can begin to let go of those expectations for flawlessness.

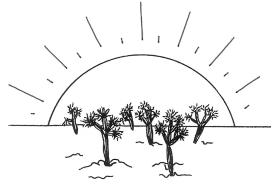
The true jewel, in learning from mistakes, is always greater than never failing in the first place. The diamond in the rough is growth, which allows us to greatly prosper from our failures. We even learn how not to make the same mistakes again!

There is beauty in trying, failing, and trying again. There is always room for expansion. When you have the courage to stop pursuing perfection for the pursuit of excellence, you will be a more successful individual, simply because you are willing to learn, take chances, and improve with realistic expectations.

SUNRISE EXERCISE—PERFECTION

The things I try to be perfect at are:

I will strive for excellence over perfection in these areas:



Day 39

POSITIVE SURROUNDINGS

Nothing is so infectious as example.

—Francois de La Rochefoucauld

Positive Surroundings

Positive people need positive influences. To thrive, we rely on people around us to be affirmative and supportive. When we put ourselves in a progressive environment, we are free to be who we are, free to wipe away stress, free to flourish, and free to shine.

We might have choices to make when it comes to positive influences. We might have to consider whether some of our negative relationships are worth continuing. Kathy had so many things going for her, and she was quite the positive person. She had just started a new job when she met the office assistant Tammy. Tammy started telling Kathy that she wasn't being treated fairly by her co-workers. She gossiped about her boss, and told Kathy of many unpleasant stories that went on in the office. As a result, Kathy initially formed negative opinions about the office environment. Kathy learned,

through a little investigation, that Tammy had been problematic in the office, and she had been disciplined several times for her inappropriate behavior. Once Kathy disassociated herself with Tammy, she was able to see that she was in a truly positive and thriving workplace. Kathy made a conscious decision to surround herself with co-workers who were only positive influences. This made all the difference in the world for Kathy's positive frame of mind and productivity in the company.

Remember, positivity is contagious. When we seek the company of optimistic people, we are free to be the best we can be. So, work on making your surroundings positive, and see how much better you feel about the people around you.

SUNRISE EXERCISE—POSITIVE SURROUNDINGS

List all of the people that you interact with regularly. Segment those who give you positive encouragement and feedback from those who don't. Ask yourself why the people on your don't list are part of your life. Some people, such as negative family members, might have to be tolerated to a degree, but others do not. Decide what is in your best interest going forward.

Positive Influences: _____

Negative Influences: _____



Day 40A

THE VALUE OF FAMILY

If you want an accounting of your worth, count your friends.

—Merry Browne

Positive Roots

How significant is the connection of family? After returning from a family reunion at the beautiful Canale Farms in Memphis, TN, it occurred to me that family connections are very important. Here are just a few thoughts...

- 1.) *Embrace Who You Are*—be proud of where you come from. You carry your name forward for many to come.
- 2.) *Learn Your Family History*—you'll be amazed at the sacrifices and hardships people have endured for the sake of your family.
- 3.) *Move Your Family Forward*—your positive attitude will absolutely influence your family members the most. Give the best you have to those you love.

SUNRISE EXERCISE—THE VALUE OF FAMILY

My original ancestors came from:

An amazing thing that a family member did for the benefit of my family is:

I can move my family forward by:



Day 40B

THE BEAUTY OF LOOKING FORWARD

Happiest are the people who give the most happiness to others.

—Dennis Diderot

The Beauty of Looking Forward

In life, we must always look forward. The future is the time where we learn, improve, and apply our wisdom. Looking forward will keep us on life's upward curve. It will help us produce a better result on the next try.

Looking forward gives us every reason to grow and develop. It allows us the opportunity to dream of a bigger and better tomorrow. Looking forward is truly what makes the world expand everyday.

Those who constantly look back and don't want to face the future end up losing out. The only reason to ever turn back is to gain wisdom and knowledge from our past mistakes, in order to positively apply them to the future. You can be a forward-looking person. Give yourself a positive path to

walk on. You will learn, grow, excel, and become the person you always wanted to be.

You

Undo

Renew

Be You

Stay True

In positive fashion

Positive Time

Time is precious to us, isn't it? Sometimes, we think we have all the time in the world to do what we need to do. But as the years fly by, we realize that time is of the essence. We find there isn't enough time to get everything done.

That is why we must make the most of the time before us. We are better served to be a role model today, rather than tomorrow. We are better served to offer encouragement today, rather than next week. We are better served to be a positive teacher or coach today, rather than some other time.

Life is short, and our time is running out. So, live life to the fullest, while its there to live, and make your positive time the most productive it can be.

SUNRISE EXERCISE—POSITIVE TIME

One thing I need to do today to make the most of my time is:

I am looking forward to:

Epilogue

Congratulations, you have completed *Enrich Your Sunrise*. I hope you have enjoyed reading some of the wonderfully simple principles that, when applied, can improve your outlook on life and enlighten your spirit. I firmly believe that your potential to shine is unlimited. You can become the person you have always wanted to be. Finishing this book is a great way to start.

To summarize the spirit of this book, keep in mind:

- There will be times in life when you must start over. Start clean and don't look back.
- You are meant to be where you are in life. Continue to move forward.
- Keep persisting and persevering through every circumstance that you face.
- The things you do will speak much louder than the things you say.
- Have faith in others to help you get the job done right.
- Be grateful for the beautiful people, places, and things that you experience.

122 *Enrich Your Sunrise*

- *Attitude sets the tone everyday.*
- *Push the positive with intensity.*
- *Giving is more rewarding than receiving any present.*
- *Achieving goals using small steps will create a positive path beneath your feet.*

Keep Enrich Your Sunrise handy, so you can refer to it often. Some of the positive points, mentioned here, might be just what you need at the right time. Many happy and fulfilling days are right around the corner.

Taylor Tagg

Resources

Day 5: Live the Dream—Find Your Passion

Dan Miller, *48 Days to the Work You Love* (Franklin, TN: The Business Source, 2000)

Day 11: Seek Good Health—Live Longer

Toshihiko Maruta; Robert C. Colligan; Michael Malinchoc and Kenneth Offord, “Optimism—Pessimism: Assessed in the 1960’s and Self-reported Health Status 30 Years Later” *The Mayo Clinic Proc*, August 2002, Vol. 77

Day 11: Seek Good Health—Positive Food

“How Food Benefits Mood,” *BBC News* (September 17, 2002)

Day 21: Overcoming Doubts—Positive Patterns

Peter McWilliams, *You Can’t Afford the Luxury of a Negative Thought* (Los Angeles: Prelude Press, 1995)

Day 36: Choose to be Free—Financial Freedom

Dave and Sharon Ramsey, *Financial Peace* (New York: Viking Penguin, 1997)

www.EnrichYourSunrise.com

Enrich Your Sunrise is a motivational and inspirational website. It is designed to provide positive reinforcement and support to you, the positive reader, everyday of your life. In a world where stress can wear you down, Enrich Your Sunrise is a tool to brighten your day, learn something new, and feed your mind with motivational and spiritual food.

Why did we name it Enrich Your Sunrise? Enrich Your Sunrise is a concept meant to help awaken the bright and dazzling light that burns within you. Through positive thinking, we will open the door to improve your attitude, relationships, and outlook on life.

Our mission: To motivate, inspire, and positively affect individuals on a daily basis using words of encouragement with a focus on personal development.

Let us motivate you!!!!

Your feedback is wanted and appreciated. To contact Taylor Tagg, please write to admin@enrichyoursunrise.com

About the Author

Taylor Tagg graduated from Rhodes College with a passion for self-improvement. Through his careers as a college basketball coach, personal trainer, and financial analyst, Taylor learned that personal development is the cornerstone to success in all areas of life. He lives with his wife Step and their two dogs and two cats in Memphis, Tennessee.

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