

song: *You've Gotta Believe* – Mary J. Blige

week #29

believe: (noun: own it)

- to accept as true or real
- to credit with veracity
- to have firm faith, confidence, or trust

accept, accredit, affirm, conceive, credit, deem, regard, suppose, think, trust, understand

“To believe in something and not to live it is dishonest.” –Gandhi

Do you believe that you can create your own reality; with everyone and everything in it? Do you have absolute faith in your potential? Will you set a goal and attain it? Do you have the tenacity, the motivation, the willPower to create the changes that you want to make? Don't waste your time in guilt or misunderstanding. This is just wasted precious energy and time.

“People may doubt what you say, but they will believe what you do.”
–Lewis Cass

Change is not always a fun work in process – and it's certainly not easy... but the benefits are priceless. Ultimately, please recognize this truth:

This is your ride.

You are the passenger and the driver of your very own chariot.

Fuel it well.

Use good directions and use a roadmap.

Experience this life and everything that it will offer you.

Action: This week take the time to help someone believe in her or his own strength so that she or he may learn how to self-preserve. Once she or he has learned to harness self-belief, that belief can then be paid forward to someone else.



When practicing Cougar Lunge with Elbow Twist, believe that you can twist deeper... believe that you can rejuvenate your body... believe that you can find yourself again.

July Color: Coral Blush

Coral blush has a sliver tone to it. This sliver tone signifies the value of change, reflection and receptivity.

July Chakra: Root Chakra

The purpose of the 1st chakra or root chakra is self-preservation. Belief and self-confidence is the basis of survival on your path of life.