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Being Free

Allow the mind
to be free, no
mindset binds
me, inwardly
supported, I
step beyond
my limits.

Anonymous





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Cheerfulness

Cheerfulness it would appear, is a matter which depends fully as much on the state of things within us, as on the state of things without and around us.

Charlotte Bronte





Compassionate

To see one with compassion, empathy and trust, opens up more overflowing opportunities, unselfishly contributing.

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Conscious Communication

If we want to be compassionate we must be conscious of the words we use. We must both speak and listen from the heart.

Marshall B. Rosenberg

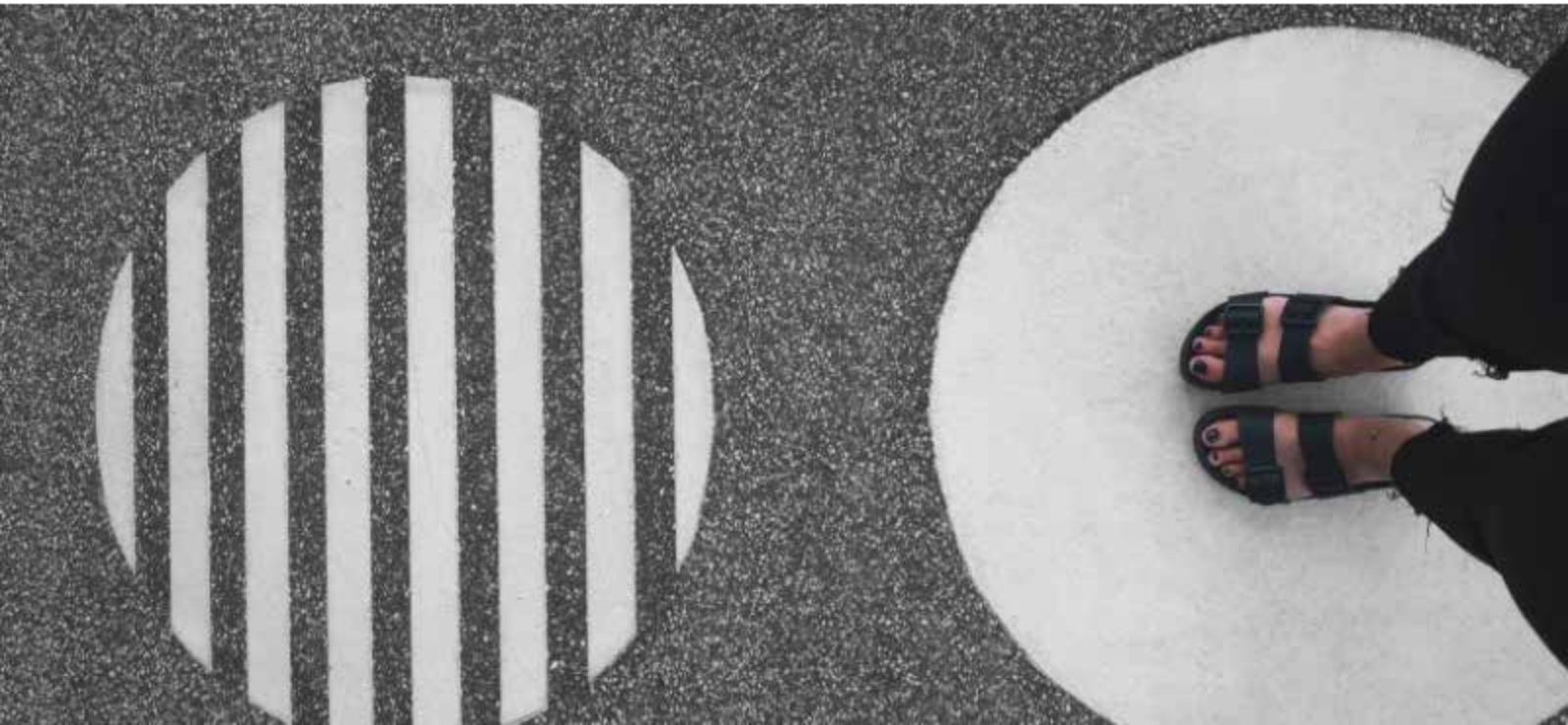


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Diagnose, then prescribe

Seek first to understand, then be understood. Diagnosing, then prescribing, is a principle that's appropriate for medicine, law, product design, engineering and much more. In fact, it's a principle evident in all areas of life. It has its greatest power, though, in the areas of interpersonal relations.

Stephen Covey



Discovery

The greatest discovery of our generation is that human beings can alter their lives by altering their states of mind.

William James



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Don't avoid the void

When we feel stuck, going nowhere - even starting to slip backward - we may actually be backing up to get a running start.

Dan Millman



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Emotions

Living in fear increases the failure, so much so, that refusing to try new things. The breath allows us to take a deeper look and moment to reflect and experience the fear differently, what might be different?

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Faith

Faith is taking the
first step even
when you don't see
the staircase.

Martin Luther King

Forgiving

Valuing honesty and commitment, softly let go of the past and enable others to change, seeing, understanding and never imposing.

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Growing Ourselves

The great thing in the world is not so much where we stand, as in what direction we are moving.

Oliver Wendell Holmes



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Happiness

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.

Denis Waitley

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How are you sabotaging yourself?

If you play it safe in life you've decided that you don't want to grow any more.' How are you sabotaging your potential for change?

Shirley Hufstedler

Humility

Valuing others without seeking their attention.
Respecting self is your own inner light, needing
nothing extra.

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Is the grass greener?

The grass is not in fact greener on the other side of the fence. Fences have nothing to do with it. The grass is greenest where it is watered. When crossing over fences, carry water with you and tend the grass whenever you may be.

Robert Fulham



Language

Language as a means of perception not as just a means of communication.

Julian Jaynes



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Life Potential

If you hear a voice within you say 'you cannot paint', then by all means paint, and that voice will be silenced.

Vincent Van Gogh



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Love Yourself

It's surprising how many persons go through life without ever recognizing that their feelings toward other people are largely determined by their feelings toward themselves, and if you're not comfortable within yourself, you can't be comfortable with others.

Sydney J. Harris



A close-up, high-resolution photograph of a person's eye. The eye is looking slightly to the right. The iris is a vibrant, clear blue, which is a contact lens. The natural eye color is a light, pale blue. The eyelashes are dark and well-defined. The skin around the eye is fair and has a soft, natural texture. The lighting is soft and even, highlighting the details of the eye and the texture of the skin.

Loyalty

Loyal and true to
my word, I am
steadfast in
seeing things
through.

Anonymous

A handwritten signature in a cursive script. The letters 't', 'l', and 'n' are connected and fluid. The 't' has a long, sweeping horizontal stroke that extends to the right. The 'l' is a simple vertical stroke with a small loop at the top. The 'n' is a simple, rounded shape. The signature is written in a dark, possibly black or dark blue, ink on a white background.

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Nurturing

Being constantly supportive, showing compassion, opens up pathways by being sincere and always available.

Anonymous





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On freedom

Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us.

Stephen Covey



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Open to awareness

Mindfulness means moment-to-moment, non-judgmental awareness. It is cultivated by refining our capacity to pay attention, intentionally, in the present moment, and then sustaining that attention over time as best we can. In the process, we become more in touch with our life as it is unfolding.

Myla & Jon Kabat-Zinn



Positive Intention

Its our intention of being
positive that is the seed of
thoughts, actions and hope.
Good wishes for every soul and
all of nature.

Anymonous



A stylized, handwritten-style logo consisting of the lowercase letters 't', 'l', and 'n' in a cursive, flowing script. The 't' has a long horizontal stroke that extends to the left, and the 'n' has a long horizontal stroke that extends to the right.

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Purpose Brings Joy

Our purpose is hidden in our, our inspiration,
our excitement. As we act on what shows up
in our life our purpose shows up.

James King



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Relationships in life

For every person, all the events of your life are there because you have drawn them there. What you choose to do with them is up to you.

Richard Bach





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Remove the Filters

You got to look at things with the eye in your heart, not with the eye in your head.

Lame Deer

A woman with long dark hair, wearing a bright blue sleeveless dress, stands on a sandy beach with her arms outstretched. She is facing away from the camera towards a calm sea under a bright, hazy sunset sky. The sun is low on the horizon, creating a shimmering reflection on the water's surface. The woman's reflection is clearly visible in the still water. The overall mood is peaceful and contemplative.

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Respect

Valuing the unique part of each person, I acknowledge even the smallest contribution

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Risk

When taking risk, great love, great achievements involve great risk. When you lose, don't lose the lesson and wisdom gained.

Dalai Lama



The image features a silhouette of a person standing in a field of tall grass, looking out over a sunset or sunrise sky. The person is positioned on the left side of the frame, facing right. The sky is filled with soft, golden light, and the grass in the foreground is silhouetted against the bright background. In the top right corner, there is a logo consisting of the letters 'tly' in a cursive font, followed by the text 'terry-lyn | gaining outcomes' in a sans-serif font.

tly

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Spirit

While the heart weeps
for what it has lost, the
spirit laughs for what it
has found.

A Surf saying

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Success

I'd rather be a failure at something I love
than a success at something I hate.

George Burns





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Synergize

Understand the essence of synergy. Simply defined, synergy means that the whole is greater than the sum of its parts. It means that the relationship the parts have to each is a part in and of itself - the most catalytic, empowering, unifying and exciting part.

Stephen Covey





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The Future

The best way to predict the future is to
invent it.

Alan Kay

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Trust yourself

I never know what the next lesson is going to be, because we're not supposed to know; we're supposed to trust ourselves to discover it.

Melody Beattie

Trusting Self

Know that the ups and downs of life are opportunities in disguise. Acceptance of the journey and trusting self allows the opportunities to come in and be disclosed.

Anonymous



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Truth

Speaking ones truth often can cause unpleasantness, we often don't speak our truth in fear of hurting others or protecting ourselves. It is only when everyone involved in the conversation is speaking truth that honesty, integrity and love can evolve.

Terry-Lyn Stevens

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Wisdom

You must speak to be heard, but sometimes. You have to be silent to be appreciated.

Author unknown





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Attitude

Attitude is an important part of the foundation upon which we build a productive life. A good attitude produces good results, a fair attitude poor results, a poor attitude poor results. We each shape our own life, and the shape of it is determined largely by our attitude.

M. Russell Ballard





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Change

Change starts when someone sees the next step. We must always change, renew, rejuvenate ourselves; otherwise we harden.

Johann Wolfgang von Goethe



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The Child

If I had my child to raise
over again I'd build self-
esteem first and the house
later I'd finger paint more
and point the finger less I
would do less correcting
and more connecting I'd
take my eyes off my watch
and watch with my eyes I
would care to know less and
know to care more I'd take
more walks and fly more
kites

I'd stop playing serious
and seriously play I would
run through more fields
and gaze at more stars I'd
do more hugging and less
tugging I'd see the gum
trees more often I would
be firm less often and
affirm much more I'd
model less about the love
of power And more about
the power of love.

Diane Looming





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Work smart, not hard, it all about planning

The whole secret of freedom from anxiety over not having enough time lies not in working more hours, but in the proper planning of the hours.

Frank Bettger