

Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is life, fight for it."

Mother Teresa

Definition of the Top by Zig Ziglar

You are at the Top when...

- You clearly understand that failure is an event - not a person. That yesterday ended last night. And that today is a brand new day.
- You have made friends with your past. You are focused on the present. And you are optimistic about your future.
- You know that success doesn't make you and that failure doesn't break you.
- You are filled with faith, hope and love, and you live without anger, greed, guilt, envy or thoughts of revenge.
- You are mature enough to delay gratification and shift your focus from your rights to your responsibilities.
- You know that failure to stand for what is morally right is the prelude to being the victim of what is criminally wrong.
- You are secure in who you are, so you are at peace with God and in fellowship with man.
- You have made friends of your adversaries and have gained the love and respect of those who know you best.
- You understand that others can give you pleasure, but that genuine happiness comes when you do things for others.
- You are pleasant to the grouch, courteous to the rude and generous to the needy.
- You love the unlovable, give hope to the hopeless, friendship to the friendless and encouragement to the discouraged.
- You can look back in forgiveness, forward in hope, down in compassion and up with gratitude.
- You know that "he who would be the greatest among you must become the servant of all."
- You recognize, confess, develop and use your God-given physical, mental and spiritual abilities to the glory of God and for the benefit of mankind.
- You stand in front of the Creator of the universe and He says to you, "Well done, thou good and faithful servant."

Re: Letter to my daughter (from a mom who came through VictoryLife House)

2/5/2020 3:39 PM To: VictoryLife House

MJ, I wrote this to my daughter a few months ago and after re-reading it, I think it is worth sharing. Warning...it is long. Feel free to share!

My therapy sessions continue to be deep - revealing lots of hidden beliefs, perspectives, ideas and fears. A few months ago they got very tough in that I found things that I didn't know I was holding on to. There were lots of tears. My partner can always spot when I am the least bit emotional about something so we delve into why. Peeling back the onion. I rarely want to go, but afterwards I know we hit good spots that reveal something that I was unaware of that I was holding on to. Holding on to these beliefs about myself or others does not serve anyone.

I'm learning a lot about how my perceptions of myself, others, and the situation can be so wrong. I'm trying to change my perceptions. That is a long process because things are so deeply ingrained in my mind. It's a process. Not judging situations is hard too. Just let it be. Let God flow through and let go.

Honestly I think I have control of the situation but I don't. I'm finding more joy in discovering God is truly at work. But honey, all of this is a process. It takes time. Little by little. The one thing I am learning is that I'm not the little old aging lady that I see in the mirror. I am becoming more of myself, I feel more confident (not everyday but most), I feel happy, I'm getting settled in and organized in the apartment and that is making me feel less anxious about my future. People are starting to learn I have more time, so they invite me to things. This makes me feel needed. I bought into some old ideas about myself that were not serving me. Changing the dialogue with myself and others is still needed, and I'm a work in progress.

Every day I feel a little more enlightened. It's a journey. Sometimes the days are hard but I always find gratitude helps pull me out of a funk and when I turn my worry outward instead of inward, everything changes. It is true...I struggle over changing my response with old relationships. New friends are easy for me to not have judgmental thoughts but family, those I have known for years...I need to write new dialogue and not fall into routine responses. Those are harder. Things they do or I see "trigger" a feeling. When I can quit reacting the same way and get rid of triggers, then changing the outcome of the conversation will happen.

Changing my perceptions is also tough. I keep letting ideas of myself stand in the way of what I can really accomplish. Our outward self is not us! It's just the shell around our soul. Who we are is not the person we see in the mirror. That's a big one. I tend to look at myself and limit myself. I'm growing, but I'm not where I want to be. I want to be more kind, compassionate, caring, understanding, bold when I need to be and meek when necessary. I need to listen more and talk less sometimes. But sometimes I need to be the guiding force and not back away when a leader is needed. It's a fine line.

I'm trying to be in tune with what God wants to happen. I don't believe in coincidences. I believe good and bad...everything happens for a reason. I grow from experiences if I allow it. If I don't grow from something then I will probably experience the heartache again because I didn't learn the lesson.

Every upsetting thing can lead to a beautiful wonderful enlightening moment. God is revealing deeper and deeper meaning and messages with each experience. It's divine! It's a work. It's hard, but it's so worth it!! I thank God for this journey. It's not always easy. I look forward to therapy but I also dread going at the same time because there will be tears, there will be ideas that I've held on to that I need to peel off and even though they cause me pain... it is painful digging them out.

Yes, my dear, wonderful sweet loving compassionate daughter, your letter to me was hard to write because you were revealing to me some deep hurts. But you let them go honey because it's a new day. We don't have to keep having the same old dialogue because we can look at things with a new perspective. We can re-write our story! Our old behavior with each other didn't serve us. We both desire a deeper walk with God and trust in Him. We know we can experience greater joy when we let go of our old way of thinking.

You have been brave to write the email. I thank you for being brave. It's a good step forward for us both. Thank you honey! Love you more than you will ever know. Your mom.

