

# Staying Centered During Chaos

Don't look back – don't look forward.....just look up.

We are close to heaven when we are helping someone somewhere.

When frightened, staying humble helps.

Forgiveness, though difficult at times, always pays off.

We are always worth something when someone depends on us.

Patience is the best armor against conflicts and problems.

During challenges, it empowers us to be aware of all our own feelings.

During hardships, it matters not what others do for us, but what we do for others.

It strengthens us to know that there are no shortcuts to peace and harmony.

Focus only on what we can do, and pay no attention to what we cannot do.

No matter the world around us, we must stay mindful of our own unique acts of kindness.

Magnifying our own virtues embellishes the whole world.

Remembering our purpose always empowers us, even under the most trying situations.

To solve a problem, we must first study it.

Staying positive, while not going into denial is a gift of very few.

Might comes from doing what is right.

Great advancement comes from the smallest of deeds.

Victory comes from the trying, not the winning.

Anger, if controlled, can create the mightiest plan of actions.

Resentment can kill some of the best opportunities.

# Staying Centered During Chaos

Listening leads to enlightenment.

Having sound judgement is different than judging.

The power of thinking limitlessly overrides any situations where we are indeed limited.

We are always sustained and supplied when we overcome disappointment.

Before sowing the seeds of truth, know who planted them.

When feeling discouraged – encourage someone else – it works wonders.

Always keep in mind that there is a bigger picture.

Focus on making the world a better place, whether it works or not, makes it a better place.

Too much analyzing can be paralyzing.

Balancing the scales of injustice, leaves us feeling more balanced ourselves.

Glorifying all things good softens things that are terrifying.

Every good deed leads to another good deed.

Forcing an issue, more often than not, forces another unwanted issue.

Faith rides us through all rough rides.

Much needed missions always present themselves, if we don't turn a blind eye.

Knowing oneself is only powerful when applied.

Trust is the gift that shows itself when we trust ourselves.

The ills of the world can only be eliminated by each one of us thinking healthily.

Never negate motivation – it births stagnation.

Making each minute count leaves no room for remorse.