

What You Plant Is What You Get!

Your Moment-by-Moment Choices Shape Your Life.

Plant the Garden of Your Life with Seeds of Well-Being



When drops of water fill a jar, the first drop does not fill it,
Nor the last, nor each drop individually.
Yet, eventually, the jar fills up due to all the drops together!

If you want the result (being more fit and healthier),
You have to create the causes (the daily lifestyle choices)!

All things dependently arise due to causes—be it disease or well-being.

Your moment-by-moment choices shape your life!
Be aware of cause and effect.
Everything we say, do, and think forms ourselves.
We are molding our minds (and bodies) into the shape we become.

If you want to avoid the suffering of illness, then consider making healthful choices.
If you want happiness, then cultivate choices that bring that to you.

Out of stillness and right planning comes a life that is well lived.

Success = Problem Solving + Practice + Persistence + Patience + Personal Kindness
---> New Habits!

Success = Just Begin Again--No Matter What Happens!

The secret of health for both mind and body...

is not to mourn for the past, not to worry about the future,

or not to anticipate troubles, but to live wisely and earnestly in the present moment.