

# Unity Center for YOUiversal Prosperity™

*Walking the spiritual path on practical, positive, prosperous feet*

1405 Autumn Ridge Drive, Durham, NC 27712 • 919.530.9417 • [UnityCenterForYOUiversalProsperity.org](http://UnityCenterForYOUiversalProsperity.org)



## Mastering the Art of Living: How to Be A Positive Action Verb Today

The phrase “be a positive action verb today” can be understood in a playful or metaphorical sense to suggest that you are actively engaging in various activities or tasks throughout the day that feed your soul, fuel your purpose, and bring you joy! In essence, it means you are being proactive, energetic, and productive. Here are some ways to be a positive action verb today:

1. **Set Goals:** Start your day by setting clear goals and objectives. Define what you want to achieve and take action to work towards those goals.
2. **Prioritize Tasks:** Make a to-do list and prioritize tasks based on their importance and urgency. Focus on completing the most critical tasks first.
3. **Stay Organized:** Keep your workspace and schedule organized to help you stay on track and be efficient in your actions.
4. **Take Initiative:** Don't wait for others to tell you what to do. Take the initiative to tackle tasks and solve problems on your own.
5. **Be Proactive:** Instead of reacting to events, anticipate potential issues and take proactive steps to address them.
6. **Manage Your Time:** Be mindful of how you use your time. Avoid procrastination and use time management techniques to stay productive.
7. **Learn Things:** Seek opportunities for learning and personal growth. Acquiring new knowledge and skills can be a proactive form of action.
8. **Create Selfcare Time:** Ensure you're taking care of your physical and mental health. Regular exercise and a balanced diet can provide the energy you need to be active.
9. **Communicate Effectively:** Good communication is a proactive action. Be clear in your communication and actively listen to others.
10. **Help Others Become Action Verbs:** Being “a positive action verb” can also mean helping and supporting others in their tasks and goals.

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## Be a Positive Action Verb: I Think, Therefore, I Am!



Remember, being a “positive action verb” is a mindset and approach to how you go about your day. It's about taking charge of your actions and making the most of your time and resources to achieve your goals and be productive.

Descartes' statement, "I think; therefore I am," is a famous philosophical idea that has had a significant impact on our understanding of existence and self-awareness.

First, let's talk about the history. René Descartes, a French philosopher, came up with this statement in the 17th century. At that time, people were questioning the nature of reality and how we can truly know if something is real or just an illusion. Descartes wanted to find a solid foundation for knowledge, something that couldn't be doubted.

Now, let's dive into the meaning. When Descartes said, "I think; therefore I am," he was trying to prove his own existence. He realized that even if everything around him was an illusion, the fact that he was able to doubt and think about it meant that he must exist in some form. In other words, the very act of thinking proves our existence.

Why is this important for us today? Well, think about it. In a world where we are bombarded with information and opinions from all directions, it's crucial to have a strong sense of self and critical thinking skills. Descartes' statement reminds us that our thoughts and ability to reason are what make us unique and separate from everything else.

It's like having a compass that guides us through life. By understanding that our thoughts and consciousness are real, we can trust our own judgments and make informed decisions. It empowers us to question things, seek understanding, and form our own beliefs.

So, to put it simply, Descartes' statement, “I think; therefore I am,” tells us that our ability to think and reason is what defines our existence and gives us the power to navigate the complexities of the world. It encourages us to embrace our individuality, trust our own thoughts, and be active participants in shaping our own lives.

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## Spiritual Practice: Flip It!

Decide on action verbs that describe what you love doing – what brings you the greatest joy? Then flip Descartes' quote, "I think, therefore I am" to say:

*I Am, therefore I (your action verb).*

- How do I feel when I say this statement with energy and passion?
- What do I love most about doing this?
- Am I making this a priority in my life?
- How am I continuing to learn more about doing this?
- What is the impact on my Spiritual Enrichment and Growth?

