

January 3 - Move TOWARDS GOOD

I have found that if I concentrate on GOING TO the good foods,
I don't have concentrate on STAYING AWAY FROM the bad foods.

This works the same with people!

You get your fill of the good and have no time/energy for the bad.

"TOWARDS" is a DEFINITE DIRECTION; it has a DESTINATION, an
AIM.

"AWAY FROM" has no definite aim; it has an infinite number of (unfocused,
indefinite, obscure) destinations.

MOVE TOWARDS GOOD!!!

“I don't run away from a challenge because I am afraid. Instead, I run toward it
because the only way to escape fear is to trample it beneath your feet.”

Nadia Comaneci

“You will always move toward anyone who increases you and away from
anyone who makes you less.”

Mike Murdock