

## **Eight Conversations to Have With Yourself – Martin, John**

This book was written by a local author/speaker who came from a troubled background to improve the community.

### **Eight Conversations to Have With Yourself:**

1. What breaks my momentum?
2. Be ok with change. Adapt. Ask yourself, is your routine keeping me from being happy?
3. Are you living in your moments?
4. Your chip on your shoulder is noticeable.
5. You have a gift, but do you know what it is?
6. Our route has detours.
7. What are you waiting on?
8. Life happens to all of us, keep moving.

Human beings are creators. We are the only species on Earth that can create what we do. (14)

A habit is only an action we are “comfortable” doing. Doesn’t mean it’s a good thing or a bad thing. It is simply something we have grown to do. (18)

Learn how to invite the thought of change. Learn how to learn. Realize if you need to change your playmates and playgrounds. (21)

If we had to name who owns each moment in our day, you would own the least. (24)

Ask yourself, “What if everything that has happened in your life was for me to know all I know right this second?” (26)

Each time you think about a memory, counter it with a present thought. If you think about your future, come right back with a present. (27)

The way you think is exhibited in the way you move. (31) The action starts by the thought. (43)

Give your time value. (38) Perfect your detours to set up the best advantage for YOU, not just your surroundings. (41)

Progress might just be standing up getting ready to take a step. (44)

Focus on your focus. (47)