Even though these great teachers have passed on, their words still live, and in them their wisdom. I’ve made a list of seven what I believe are some of the greatest teachings by the world’s greatest minds.  
  
**1. Realizing Your Dreams**  
  
*“If you don’t know where you are going, you’ll end up someplace else.”*  
- Lawrence J. Peter  
  
In order for us to achieve our dreams, we must have a vision of our goals. Writing down our dreams and creating a list of actions helps us stick to our plan. As it’s said “if you can’t measure it, you can’t manage it”. When we turn our goals into measurable actions, we gain clarity and are able to see the necessary steps we must take in order to achieve them.  
  
Action: Visualize a life of your wildest dreams. What did you dream of doing when you were a child? What would you do if you had a million dollars? Create a vision for your goals and start breaking them down into small actions that you can take on a day by day basis.  
  
**2. Overcoming Fear**  
  
*“It was a high counsel that I once heard given to a young person, “Always do what you are afraid to do.”*  
- Ralph Waldo Emerson  
  
The best way to learn something is to dive right in to it. When we overcome our fear of failure, we learn that only those who are asleep make no mistakes. Fear is the only thing keeping us from experiencing a life of love and fulfillment. If we make a commitment to an uncompromisable quest for truth, we will realize that as we grow more into the truth, our fears start to disappear.  
  
Action: You must define your fears in order to conquer them. Create a list of everything you’re afraid of and start facing them one at a time. Make a commitment to yourself now to not let fear rule your life.  
  
**3. Intention and Desire**  
  
*“All that we are is the result of what we have thought. The mind is everything. What we think, we become.”*- Guatama Buddha  
  
Our thoughts determine our reality. When we stop thinking about what we don’t and begin thinking about what we do want, our lives begin to transform. Instead of working against our desires and intentions, we move into alignment with them.  
  
Action: Create a list of your intentions and desires. Wherever you go, take this list with you. Read it when you wake up and before you go to sleep.  
  
**4. Happiness**  
 *“Happiness depends more on the inward disposition of mind than on outward circumstances.”*  
- Benjamin Franklin  
  
Happiness comes from an inner peace, understanding and acceptance of life; a perspective of truth that opens your eyes to the beauty of life all around us. Happiness cannot be achieved by external status, it must be an internal state that we realize when we see our innate perfection.  
  
Action: Realize that happiness is a choice. In every decision you make ask yourself “how can I respond to make myself happy and fulfilled?”  
  
**5. Self Acceptance**  
  
*“If a house be divided against itself, that house cannot stand.” – Jesus*  
  
When we stop trying to be what we are not, we realize our authenticity. Before we had knowledge, we were completely authentic. We learn to use knowledge to measure and judge, which is a powerful tool we have as humans. However we create an image of perfection in our mind of what we should be, but are not. We confuse knowledge for nature. We believe in the lie of our imperfection. When we realize this we can reclaim the truth of our perfection and live in love and acceptance.  
  
Action: Make a commitment to never go against yourself. Practice non-judgment and realize that the same part of your mind that condemns you is the same voice that caused you to take the action in the first place. We don’t even have to believe what we say to ourselves.  
  
**6. Appreciation and Gratitude**  
 *“So much has been given to me, I have not time to ponder over that which has been denied.”*  
- Helen Keller  
  
How many times do we count our misfortunes rather than our blessings? When we take time to open our eyes to the miracle of life we can see the many gifts that have been given to us. Remembering all the beautiful aspects of life and all the reasons you are blessed can immediately shift our mood. We can move from sorrow and despair to appreciation and hope.  
  
Action: Each time you find yourself complaining about something, re-direct your focus to something you are grateful for. Make a habit of transforming your awareness of troubles into an awareness of abundance.  
  
**7. The Art of Simplicity**  
 *“I made this letter longer than usual because I lack the time to make it short.”*  
- Blaise Pascal  
  
Perfection is not when there is nothing to add, but when there is nothing more to take away. As Bruce Lee once said “the height of cultivation always runs to simplicity.” True mastery of our lives is realizing the simple joys of life, removing distractions and clutter from our lives.  
  
Action: The art of simplicity is knowing what to take away. Practice recognizing when you’re spending your time on unimportant tasks and re-focus on the important.