

**Rise,
SHINE &
Salute
the SUN**

*AN ANTHOLOGY OF
MOTIVATIONAL LETTERS*

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Accept Whatever Comes and Meet it With Courage

Life is an act, and we are its actors. Some can act well but are reticent about their limitations. Whether good or bad, great or mediocre, we all take steps. We may stumble as we take these steps when we do what we ought to have done. Thought is the axis of life and the epitome of existence. A controlled thought leads to a controlled life, while uncontrolled thoughts result in uncontrolled living. From dawn to dusk, our first and last thoughts are vital in leading a purposeful life. They catalyse a flourishing or retrogressive existence.

The boundaries of your purposefulness are your first and last thoughts. Over time, you become who you believe yourself to be. You understand life's lessons through stalemates, adversity, and unpleasant experiences. Occasionally, you also encounter these lessons through joy and comfort. Most importantly, you learn from life's lessons. If you fail to grasp these lessons, life will teach you another. When worries consume you, when you feel helpless and utterly alone, when your most profound memories resurface and all your sadness lingers behind, yes, carry on laughing.

Focus more on living in the moment rather than shying away from what is happening around you. Honour what you wish to do. If the storm of life delivers a heavy blow, don't grimace—smile at it. We expect you to take all necessary actions to meet your expectations. Maturation and failure share two commonalities: they respond to uncertainty and are triggered by action. Where you are is merely a point along the path to where you are heading. Become the person you aspire to be. Live with faith, regardless of how burdensome life may become.

You can't learn to swim without getting wet.

— John Kani

It may not be easy, but it's tempting to take a chance and come out ahead. While you have not yet reached the finish line, work diligently and with momentum. Keep the goal in mind and consider how to achieve it. Whether people accept you or not, don't scowl. A river continues to flow despite losing a few drops at each turn. Similarly, don't be discouraged by rejections—turn them to your advantage. Distinguish clarity from calamity. There's no point in getting upset about things beyond your control. Start where you stand; never mind the past, for the past won't help you begin again.

Only stop once you've completed the job! Don't be swayed by the clamour of the masses to prevent, halt, or abandon your purpose when you're convinced in your innermost being that it's right. A purpose is often rejected, ridiculed, and seen as a discreditable cause until it's appreciated for its value. Don't cry over the shots you've missed; weep over the ones you haven't taken. Your mind is a powerhouse that drives your actions and decisions. It's the engine of your life—a heavenly city. Protect your mind and guard your heart; they are your paragons.

You have no power over your past, but you do have the ability to shape your future. You have no control over your fortune, but you do have control over your actions. You do not influence your reputation, but you do have control over your current situation. You have no power over your destiny, but you do have power over yourself. If a bridge leads you away from your sensibility, burn it. You're no greater than the knowledge you acquire, the desires you harbour, and the experiences you idealise. Don't fret about those who reject you—they prepare you for those who would accept you.

You're moulded to make a difference. One of the most devastating things you can do is discount your ability to change. Nothing can weigh you down if you can find a positive in a negative. Within every seed lies the power to rise from darkness. Likewise, there is power within you to rise above adversity. The constraints you see are a manifestation of everything except yourself. Faintness becomes audacity when you're wise. If you can't stop thinking about it, don't stop working towards it. Give your best, and let the rest take care of itself!

Forget buried woes and dead despairs. The future belongs to those who dare to act. Don't be ashamed of who you are. Reflect on the majesty of all that you are. When seeds desire to germinate, they shed the weight that holds them down. Retrieve your acumen from all the places where you have left it behind, brush it off, set it before yourself, run your heart's fingers over each one, and combat the lie that you're not enough to achieve anything. Your shrewdness is not lacking; your belief in yourself is too small.