

How about some new slogans?

Let go or be dragged.

Detach with love, and if that doesn't work, use a hatchet.

Don't believe everything you think.

"Whether you think you can, or you think you can't – you're right." --Henry Ford

Only love today.

When there's not enough time, do everything slower.

Steer into the skid.

Steer into the skid and the obstacle becomes the path.

May all beings be at peace.

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## **And some new approaches.**

Instead of trying to drum up gratitude, try this:

Imagine you've lost everything you care about.

How does that feel?

Now imagine getting it all back

Like some prayers but not the G-word? Try substituting, "May you have....," or, "May I find..." as in,

"May I find the serenity to accept the things I cannot change..."