

## Watch your thoughts

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; it becomes your destiny. --Frank Outlaw

This is actually a paraphrase of a Buddhist teaching called the “Dhammapada” which is attributed to the Buddha. It reads:

The thought manifests as the word;

The word manifests as the deed; T

he deed develops into habit; And habit hardens into character;

So watch the thought and its ways with care,

And let it spring from love Born out of concern for all beings.... As the shadow follows the body,