

A DEEPER LOVE – 30 Days of Gay Pride

Each day I wake and wonder... is this the day we will hear that a 'real cure' is on the way? I think of how many people, young and old, have laid their lives on the line to create a better place. Is today better? I don't know... but it is different and it is a product of good people. And the thing that allows me to rest my head at night in the midst of this turmoil is that today I can be thankful for all that's been given and all that I am able to give. I am thankful for all I love and hopeful for those I may not. And when I feel like falling asleep, and sleeping alone, I know that something greater than me will infuse my memory with confidence of my daily accomplishments. And then I wake up and think... the cure is already here, PRIDE.

PRIDE can lift our self-esteem from a desperate state to a strong, overflowing cup of confidence. If we believe this, then we need to start feeding our egos with things to be proud of. And I recall the Cher-sounding Heather Small singing, "What have you done today to make you feel proud?"

These are some secrets to boosting self-confidence: first, know what you want and second, know what you have accomplished so far. Regardless whether it is an ultimate dream to go to cure all cancer, or a simple day-to-day act of smiling, having things you can be proud of can bring a better perspective on how you look at yourself.

Oftentimes, it is not because we are losers and have not achieved anything in our life that we are not proud of our accomplishments, but rather ***we take for granted the things that we think are ordinary and forget the value of the things we may already have accomplished.*** Each needs to start looking around and thinking about the things you can be proud of in the different dimensions of your life.

What achievable goals can I work toward in order to start reaping the rewards of unsung achievements! Below is list of things, that I found online, to be proud of. Check them out, try one each day of June, to reach a new depth of PRIDE that is health, even during a time of quarantining from viral replication. Do them, share them, love yourself and all around you. **Happy Pride Month!**

Be Proud of My Attitude

- JUNE 1ST** Approach life joyfully regardless of what it shows me because it can make us feel **different** from others.
- JUNE 2ND** Be open and friendly toward those with whom I interact, this makes me more **approachable** and **likable**.
- JUNE 3RD** Approach something new with confidence because even if it becomes a difficult task, it also makes me a **good model of patience**.

Be Proud of My Life Lessons Learned

- JUNE 4TH** Face failures, take responsibility and persevere because **survivors** achieve more goals.
- JUNE 5TH** Assert my personal needs to pamper myself because that recharges my body and spirit and makes me a **better person**.
- JUNE 6TH** Take quiet time to reflect and be still because it allows higher self-awareness and allows me to **understand others** better.
- JUNE 7TH** Say no to bullying in my environment, be it at work, at school or in the neighborhood, because I can be **starting a movement** in a community where people currently live in fear.
- JUNE 8TH** Get **recognized** for your work well done because you deserve it.

Be Proud of My Accomplishments

- JUNE 9TH** Take a short course or educate myself on a new topic that no one knows about because this **accentuates my uniqueness**.
- JUNE 10TH** View my work as being able to support your family and **contributing** to even the smallest unit of society.
- JUNE 11TH** Have the courage to take a risk at doing more at my job, take an active role in the community that I live, or try to develop a new program that will make me **happier** and make my purpose more **meaningful**.

Be Proud of My Financial Decisions

- JUNE 12TH** Save a significant amount of money for future needs because it takes **discipline** to do so.
- JUNE 13TH** Have minimal and manageable credit because this is a sign of a **healthy and simple lifestyle**.

- JUNE 14TH** Spend only what you can afford and not beyond your means because it is stupid to be rich with liabilities, and **wise** to stay ahead.
- JUNE 15TH** Buy, or at least look for, a property that I can truly call my **own** and leave it as a legacy to my family.
- JUNE 16TH** Invest intelligently in stocks or business by **following** the **lessons** of those who came before us.

Be Proud of Your Leisure Activities and Hobbies

- JUNE 17TH** Write a **helpful** post on Facebook or a blog because nowadays social postings and blogs are full of rubbish and vulgarity, a waste of time.
- JUNE 18TH** Plan Travel to my **dream** destinations, learn cultures and understand peoples. Try a new language on Duolingo.

Be Proud of Your Relationships and Compassion for Others

- JUNE 19TH** Define my soul mate / partner for life because this is one of the keys to **understanding** an eternal **bliss**.
- JUNE 20TH** Bear the differences between myself and my loved ones because no two individuals are the same; I am **unique**.
- JUNE 21ST** Spend **quality** time with my family because they need it from me.
- JUNE 22ND** Truly, listen to what someone else is saying to me, so I can really understand them. It is a rarity to find someone doing so; **be unique**.
- JUNE 23RD** Live compassion towards others—even enemies or critics—by respecting other people and their opinions without compromising my stance because this separates **humans** from animals.
- JUNE 24TH** Say, “I love you,” to my loved ones and mean it because doing so is like seeing what my **heart** is occupied with.
- JUNE 25TH** Go out of your way to make a call or visit someone I care about because sometimes there isn’t a next time. Include others who are, lonely, alone, or “shut out” by others because I am **inclusive**.
- JUNE 26TH** Identify a way I can bring life into this world and do it with someone I love because by doing so I become a **co-creator of life**.
- JUNE 27TH** Contribute to assist disaster survivors because one person’s **help** goes a long way.
- JUNE 28TH** Contribute to a charity regularly because it brings me closer to real **happiness**.

Be Proud of Your Physical Achievements

JUNE 29TH Run a race because it tests your physical endurance and prepares you for any other life trial.

JUNE 30TH Keep your body fit and it can make you look 10 years younger because everyone deserves to be beautiful.

Thanks for trying some, or all, of these challenges of pride. Pride proceeds a fall when it is unchecked, selfish, and boastful. Yet, when tempered with humility, pride is a deeper love.

A DEEPER LOVE as performed by Aretha Franklin

People let me tell you I work hard every day

I get up out of bed, I put on my clothes

'Cause I've got bills to pay

Now it ain't easy but I don't need no help

I've got a strong will to survive

I've got a deeper love, deeper love

Deeper love inside and I call it

Pride a deeper love

Pride a deeper love

Pride a deeper love

Whoa whoa whoa whoa

It's the power that gives you

The strength to survive

Pride a deeper love

Whoa whoa whoa whoa

Yeah ooh yeah yeah

Yeah yeah yeah yeah yeah yeah yeah

Now I've got love in my heart

It gives me the strength

To make it through the day

Pride is love (pride is)

Respect for yourself

And that's why I'm not looking for

Handouts, charity, welfare, I don't need

Stealin', dealin', not my feelin'

No backstabbin', greedy grabbin'

Lyin', cheatin''cause I've got a

Deeper love,