Read the following question aloud to your group. Then take turns sharing out your responses.

**What are some positive messages that you choose to play over and over again in your head?**

Read the following quote aloud to your group. Then discuss what it means.

"You can complain because roses have thorns, or you can rejoice because thorns have roses."

- Ziggy

Life Law #6 states that: 
*There is No Reality, Only Perception*

Give an example from your own life where you have found this to be true.

Life Law #6: There is No Reality, Only Perception
Read the following question aloud to your group. Then take turns sharing out your responses.

What are some negative messages that you have allowed to play over and over again in your head?

Life Law #6: There is No Reality, Only Perception

Read the following quote aloud to your group. Then discuss what it means.

“Whether you think you can or think you can’t, you’re right.”

-Henry Ford

Life Law #6: There is No Reality, Only Perception

Read the following question aloud to your group. Then take turns sharing out your responses.

How could changing negative messages to positive messages change your reality?

Life Law #6: There is No Reality, Only Perception

Discuss what the illustration means.

Life Law #6: There is No Reality, Only Perception