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Conflict with Yourself

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- ▶ Listen to your thoughts, they become your decisions.
- ▶ Listen to your decisions, they become your actions.
- ▶ Listen to your actions, they become your results.
- ▶ Listen to your results, they become your character.
- ▶ Listen to your character, they become your personality.
- ▶ Listen to your personality, they become your conflicts.
- ▶ Conflicts can lead to struggles; struggles can lead to conflicts.
- ▶ Listen. Take a step back.
- ▶ Changing your thoughts will change your conflicts.

CONFLICT WITH YOURSELF BY VESHESH PATEL



“A poem about how your thoughts
can influence internal conflicts
with yourself.”

ABOUT THE POET: VESHESH PATEL IS A FOURTH-YEAR
MEDICAL STUDENT AT KPCOM.

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the page.