



Your  
**WEEKLY**  
**PILL**

— POSITIVE INSPIRATIONAL LIFE LINES —

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REMASTERED EDITION

SEAN WILLARD

— Rx —

# COPYRIGHT

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YOUR WEEKLY PILL  
Positive Inspirational Life Lines

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Originally published in 2017.  
Remastered Edition © 2026

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# DEDICATION

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To my wife, Michele.

My greatest supporter and believer  
for over four decades.

Thank you for walking this journey with me...  
through every season, every step, every shift.

I wouldn't be who I am... without you.



# INTRODUCTION

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Life is busy. It's noisy. And sometimes, it can feel overwhelming.

That's why I created Your Weekly Pill.

(Positive Inspirational Life Lines)

Fifty-two short insights - one for each week of the year - to encourage you, challenge you, and help you think a little differently.

They're simple, but not always easy.

They're practical, but also profound.

They're reminders of the truths that can change the way we live.

I hope that each week, these words will meet you where you are...

and help you move closer to where you want to be.

Let's go.



# WEEK 01

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THE THING ABOUT CHANGE IS,  
IT HAPPENS WITH OR WITHOUT US.  
OUR ROLE IS ADJUSTING THE SAIL  
TO ENSURE WE HARNESS THE WINDS OF CHANGE  
AND MOVE IN THE RIGHT DIRECTION.

– SEAN WILLARD –



# WEEK 02

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BELIEVING IN SOMEONE  
BEFORE THEY BELIEVE IN THEMSELVES  
IS POWERFUL.

IT TRANSFORMS BOTH LIVES AT THE SAME TIME!

– SEAN WILLARD –



# WEEK 03

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DESIGN YOUR DAY ONE THOUGHT AT A TIME

– SEAN WILLARD –



# WEEK 04

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EMOTIONS ARE LIKE PETS.  
TRAIN THEM WELL,  
AND THEY'LL BE A BLESSING.  
LET THEM RUN WILD,  
AND THEY'LL LEAVE A MESS!

– SEAN WILLARD –



# WEEK 05

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WHEN ALL IS SAID AND DONE,  
USUALLY MORE IS SAID,  
THAN DONE.

MAY YOUR WALK OVERTAKE YOUR TALK.  
*(I CALL IT 'WALKING YOUR WORDS')*

– SEAN WILLARD –



# WEEK 06

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WHEN YOU GO THROUGH ADVERSITY,  
EITHER THE WORRIER OR THE WARRIOR EMERGES.  
RISE, WARRIOR, RISE!

– SEAN WILLARD –



# WEEK 07

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GIVING UP CAN BE VERY POWERFUL INDEED.  
GIVING UP NEGATIVE THINKING,  
NEGATIVE TALKING,  
AND NEGATIVE PEOPLE,  
CREATES SPACE FOR GOOD STUFF TO GROW!

– SEAN WILLARD –



# WEEK 08

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QUITTING ON A MAJOR GOAL DOESN'T  
JUST HAPPEN SUDDENLY.

IT FOLLOWS MANY SMALLER QUILTS ON THE JOURNEY.

FIRST A THOUGHT,  
THEN A THING.

– SEAN WILLARD –



# WEEK 09

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THERE IS SOMETHING POWERFUL  
ABOUT THE PAUSE...  
NOT THE PAUSE OF PROCRASTINATION,  
BUT RATHER,  
THE PAUSE THAT TAPS INTO PERCEPTION.

WHEN YOU TAKE THE TIME TO  
CHANGE THE WAY YOU LOOK AT THINGS,  
THE THINGS THAT YOU LOOK AT CHANGE!

— SEAN WILLARD —



# WEEK 10

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YOU CANNOT TAKE ANYTHING OUT OF AN EMPTY BAG.

TODAY, GO SHOPPING!

READ,

LISTEN,

AND HANG OUT WITH GREAT PEOPLE.

– SEAN WILLARD –



# WEEK 11

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WHO YOU TRULY ARE,  
LEAKS WHEN YOU'RE UNDER PRESSURE.

THE FIRST PLACE YOU SPRING A LEAK IS IN YOUR THINKING,  
AND THEN,  
IN YOUR SPEAKING.  
FIX THAT LEAK!

— SEAN WILLARD —



# WEEK 12

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YOU CAN PUSH, SHOVE AND FORCE...  
OR YOU CAN CHOOSE TO BELIEVE,  
RECEIVE,  
AND ACT,  
FROM A PLACE OF FAITH.  
IT'S A DONE DEAL!

— SEAN WILLARD —



# WEEK 13

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COMPETITION ISN'T ABOUT ME  
BEING BETTER THAN YOU.

IT'S ABOUT ME BEING BETTER BECAUSE OF YOU!

YOU BRING OUT THE BEST IN ME AND,  
REGARDLESS OF WHETHER I WIN OR LOSE,

I IMPROVE,

GROW,

AND CHANGE,

AND THEREFORE,

I AM VICTORIOUS.

— SEAN WILLARD —



# WEEK 14

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FIRST THINGS FIRST!

HITTING THE ACCELERATOR PEDAL

WITHOUT FIRST STARTING THE ENGINE

AND ENGAGING THE GEAR...

ISN'T GOING TO TAKE YOU TO YOUR DESTINATION.

1. GIVE THANKS

2. SET YOUR INTENTION

3. FLOOR IT!

– SEAN WILLARD –



# WEEK 15

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DON'T ENVY WHAT PEOPLE HAVE,  
BUT RATHER,  
RESPECT WHAT THEY HAVE ACCOMPLISHED  
AND THE ADVERSITY  
THAT THEY HAVE HAD TO OVERCOME IN ORDER  
TO ACHIEVE  
WHAT THEY'VE BECOME!

– SEAN WILLARD –



# WEEK 16

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YOU ARE 100% RESPONSIBLE FOR YOUR RESPONSES.  
THE WAY YOU CHOOSE TO RESPOND  
WILL DETERMINE YOUR OUTCOME  
AND RESULTS.  
QUIT BLAMING,  
BLEATING,  
AND BEMOANING...  
AND START LIVING!

— SEAN WILLARD —



# WEEK 17

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A SPOONFUL OF LAUGHTER MAKES  
THE BITTER, BETTER  
AND  
THE HEAVY, HAPPIER!  
ADD MORE LAUGHTER!

– SEAN WILLARD –



# WEEK 18

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IT'S AMAZING HOW POWERFUL A WEAPON A SMILE CAN  
BE!  
I'VE SEEN IT NEUTRALISE  
MANY AN ENEMY.

— SEAN WILLARD —



# WEEK 19

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KNOCK, KNOCK!

WHO'S THERE?

YOU ARE ...

AND IT'S TIME TO COME OUT AND WOW THE WORLD!

– SEAN WILLARD –



# WEEK 20

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THE MOMENT I WROTE DOWN WHAT I REALLY WANTED,  
WAS  
THE MOMENT IT WAS BORN!

– SEAN WILLARD –



# WEEK 21

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STRESS SUGGESTS THAT I AM NOT FULLY LIVING  
IN THE MOMENT,  
BUT RATHER,  
BEING ANXIOUS ABOUT A FUTURE EVENT.

WHEREVER YOU ARE, BE THERE.

LIVE IN THE NOW!

— SEAN WILLARD —



# WEEK 22

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WHEN YOU LISTEN TO THE  
ROAR OF YOUR HEART,  
YOU'LL IGNORE THE BLEATING OF THE SHEEP  
AROUND YOU.

– SEAN WILLARD –



# WEEK 23

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EXCUSES ARE LIKE AN IMAGINARY FRIEND.  
WHEN YOU REALLY ANALYSE THEM,  
THEY DON'T HAVE SUBSTANCE,  
AND,  
THEY CAN'T REALLY HELP YOU!

– SEAN WILLARD –



WEEK 24

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LISTEN BETWEEN THE LINES.

– SEAN WILLARD –

— Rx —

# WEEK 25

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INSPIRATION AND SATISFACTION LIE ON EITHER  
SIDE OF 'UNCOMFORTABLE'.

– SEAN WILLARD –



# WEEK 26

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HOW LONG WILL YOU LET YOUR PAST DICTATE YOUR  
FUTURE?

IT'S TIME TO LET IT GO!

LOOK UP,  
STAND UP,  
MOVE UP!

— SEAN WILLARD —



# WEEK 27

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IF YOU FIND YOURSELF SAYING,  
"IT'S NOT MY FAULT,  
I DON'T HAVE A CHOICE" ...  
I SUGGEST THAT YOU SIT DOWN  
AND  
DIG YOURSELF A HOLE...  
BECAUSE  
YOU'RE GOING TO BE  
THERE FOR QUITE SOME TIME!

— SEAN WILLARD —



# WEEK 28

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I WOULD RATHER MAKE A MISTAKE WHILE TAKING  
ACTION  
THAN...  
BE FAULTLESS WHILE FEARFULLY  
STANDING STILL.

– SEAN WILLARD –



# WEEK 29

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'SOME' IS BETTER THAN NONE!

IT'S TIME TO KICK 'NONE' INTO TOUCH AND START

WITH 'SOME'!

SOME EXERCISE,

SOME AFFIRMATIONS,

SOME.....

IS BETTER THAN NONE!

— SEAN WILLARD —



# WEEK 30

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WE CANNOT MOVE BEYOND WHERE WE ARE  
UNTIL WE MOVE BEYOND  
WHO WE ARE.

– SEAN WILLARD –



# WEEK 31

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RESULTS SELDOM SHOW UP IN THE SAME SEASON  
THAT YOU SOW.  
BE PATIENT - KEEP SWIMMING.

— SEAN WILLARD —



# WEEK 32

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THE ANSWERS ARE WAITING AT ARRIVALS  
WHILE YOU STAND THERE  
LOST AT DEPARTURES.  
SHIFT YOUR FOCUS!

– SEAN WILLARD –



# WEEK 33

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YOU MUST ALLOW YOUR IDEAS TO BREATHE!

EXPRESS THEM,

WORK WITH THEM,

AND SHAPE THEM.

DON'T SUFFOCATE THEM!

– SEAN WILLARD –



# WEEK 34

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ANSWERS HAVE THIS CRAZY ABILITY  
TO ARRIVE AT ODD TIMES,  
IN DISGUISE.  
SO THAT...  
ONLY THOSE WHO REALLY SEEK,  
FIND!  
OPEN HANDS - OPEN HEART.

— SEAN WILLARD —



# WEEK 35

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THE WALL IS NOT THE PROBLEM.  
YOUR THINKING IS!  
OBSTRUCTION OR OPPORTUNITY..  
IT'S YOUR CHOICE!

– SEAN WILLARD –



# WEEK 36

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IF YOU'RE RUNNING AROUND LIKE A  
"CHICKEN WITHOUT A HEAD",  
YOU'RE NOT GOING TO BE RUNNING FOR TOO LONG!

TODAY...

PAUSE,

REFLECT,

AND PLAN...

TO BE PRODUCTIVE... NOT JUST BUSY!

— SEAN WILLARD —



# WEEK 37

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I REALLY MUST...

I NEED TO...

I WANT TO...

YOU'RE GOING NOWHERE FAST WITH

COMMENTS LIKE THIS!

JUST DO IT AFRAID AND DO IT NOW!

START SMALL,

START NOW,

START!

— SEAN WILLARD —



# WEEK 38

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WE WILL ALL DIE, BUT WILL WE ALL LIVE?

– SEAN WILLARD –



# WEEK 39

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WHAT IF...

YOU DECIDED...

THAT TODAY...

WOULD NOT BE COMPLETE

WITHOUT A RANDOM ACT OF KINDNESS?

WHAT IF...

YOU WERE THE ONE TO START THIS RIPPLE?!

— SEAN WILLARD —



# WEEK 40

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THE STORY YOU TELL YOURSELF IS THE STORY YOU  
BELIEVE.

THIS NEW SEASON IS GOING TO BE AWESOME.  
EMBRACE EVERY MOMENT.

– SEAN WILLARD –



# WEEK 41

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WHO IS FOOLING WHO?

ARE YOU FOOLING ME, OR ARE YOU FOOLING YOU?

EXCUSES BE GONE!

— SEAN WILLARD —



# WEEK 42

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YOU MAY NOT BE AT THE TOP  
OF YOUR MOUNTAIN...  
BUT ALWAYS BE AT THE TOP OF YOUR GAME.  
GIVING YOUR BEST  
WHILE IN THE VALLEY,  
IS A TRUE TEST OF CHARACTER.

— SEAN WILLARD —



# WEEK 43

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GIVING THANKS IN THE PRESENT  
MOMENT,  
FLIPS AN INTERNAL SWITCH  
THAT OPENS FUTURE DOORS.  
FLIP THE SWITCH!

– SEAN WILLARD –



# WEEK 44

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WHAT YOU DO DAILY  
IS WHAT YOU PLAN TO CARRY WITH YOU AS A HABIT.  
CHANGING THAT HABIT  
TAKES DAILY DISCIPLINE - OVER TIME,  
AND THAT'S WHY MOST PEOPLE QUIT.  
YOU WON'T!

— SEAN WILLARD —



# WEEK 45

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NO MATTER WHAT HAS HAPPENED IN YOUR PAST,  
YOU CAN EITHER CHOOSE TO  
ALLOW IT  
TO SHAPE YOU OR SHATTER YOU.

– SEAN WILLARD –



# WEEK 46

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PROCRASTINATION FEELS SAFE AT FIRST  
BUT TENDS TO STEAL YOU BLIND.  
INVITE THIS THIEF TO SPEND THE NIGHT  
AND  
AWAKEN TO AN EMPTY HOME!

– SEAN WILLARD –



# WEEK 47

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PRICE IS NEVER AN ISSUE.  
IT MAY MATTER,  
BUT IT'S NEVER THE ISSUE!  
VALUE IS THE ISSUE.

– SEAN WILLARD –



# WEEK 48

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LIVING YOUR PURPOSE

ISN'T SO MUCH ABOUT WHERE YOU WORK AT...  
AS IT IS ABOUT WHERE YOU WORK FROM.  
IT'S AN INSIDE JOB!

– SEAN WILLARD –



# WEEK 49

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IF THE DOOR ISN'T OPEN,  
PERHAPS IT IS TIME TO TURN THE HANDLE.  
STANDING THERE LIKE THAT IS JUST SILLY.  
ACTION CONQUERS FEAR!

— SEAN WILLARD —



# WEEK 50

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WHAT'S YOUR DEEPEST 'WHY'...?  
THAT REASON THAT WILL KEEP YOU GOING  
THROUGH NO'S,  
DOUBTS,  
FEARS AND DELAYS.  
GET IN TOUCH WITH YOUR FRIEND AGAIN.

– SEAN WILLARD –



# WEEK 51

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THE GIFT THAT YOU ARE BEING OFFERED  
NEEDS TO BE MIXED WITH FAITH.  
DON'T LET THE WRAPPING DECEIVE YOU...

ADD FAITH,

STIR,

ENJOY!

— SEAN WILLARD —



# WEEK 52

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WHEN IT COMES TO SETTING GOALS...  
SET THE BAR HIGH ENOUGH TO  
STRETCH YOU,  
NOT BREAK YOU!

– SEAN WILLARD –



# BACK COVER

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A single thought...  
at the right time...  
can change everything.

Your Weekly Pill is a collection of 52 powerful insights  
designed to encourage,  
challenge,  
and inspire you,  
one week at a time.

Simple thoughts.  
Practical wisdom.  
A fresh perspective for life, leadership and personal  
growth.

Because sometimes...  
one small shift in thinking  
changes everything.

Enjoy your weekly P.I.L.L.  
(Positive Inspirational Life Lines)

— Sean Willard

