

Motivation for Life

1. Compliment three people every day.
2. Watch a sunrise at least once a year.
3. Have a firm handshake.
4. Look people in the eye.
5. Say "Thank you" a lot; write thank you notes promptly.
6. Take time to listen to your favorite music all alone once each week.
7. Sing along with songs you like.
8. Stand at attention and put your hand over your heart when singing the National Anthem.
9. Learn identify the music of Chopin, Mozart and Beethoven.
10. Be the first to say "hello."
11. Return all things you borrow.
12. Treat everyone you meet like you want to be treated.
13. Keep secrets.
14. Never give up on anyone.
15. Remember that miracles happen every day.
16. Show respect for teachers, for the police, and for your elders.
17. Don't waste time learning the "tricks of the trade"; instead learn the trade.
18. Control your temper.
19. Put the cap back on the toothpaste.
20. Take out the garbage without being told.
21. Enjoy beautiful things; always have something beautiful in sight
22. Smile a lot; smile at someone once each hour for one full day
23. Take responsibility for everything that you do or fail to do.
24. Accept a compliment with a simple "thank you."
25. Live so that when others think of fairness, caring, and integrity, they think of you.
26. Use your sense of humor to amuse, not abuse
27. Dot you "I's" and cross your "t's"
28. Be brave; even if you're not, pretend to be, because no one can tell the difference.
29. Don't take good health and your body for granted.
30. Don't mess with drugs and smoking; enjoying life will give you everything you could want or need.