

ONE DAY AT A TIME

ABC'S OF A FRIEND

A—ACCEPTS YOU AS YOU ARE
B—BELIEVES IN YOU
C—CALLS YOU JUST TO SAY HI
D—DOESN'T GIVE UP ON YOU
E—ENCOURAGES YOU ANYTIME
F—FORGIVES YOUR MISTAKES
G—GIVES YOU SUPPORT WHEN YOU NEED IT
H—HELPS YOU BE A BETTER PERSON
I—INVIGORATES YOU
J—JUST LOVES BEING WITH YOU
K—KEEPS YOU CLOSE AT HEART
L—LOVES UNCONDITIONALLY
M—MAKES A DIFFERENCE IN YOUR LIFE
N—NEVER JUDGES YOU

O—OFFERS TO HELP YOU ALWAYS
P—PICKS YOU UP WHEN YOU'RE DOWN
Q—QUIETS YOUR FEARS
R—RAISES YOUR SPIRITS
S—SAYS NICE THINGS ABOUT YOU
T—TELLS YOU THE TRUTH
U—UNDERSTANDS THE REAL YOU
V—VALUES YOUR SPECIAL QUALITIES
W—WALKS BESIDE YOU
X—X-PLAINS THINGS YOU DON'T UNDERSTAND
Y—YELLS YOUR PRAISES TO THE WORLD
Z—ZESTS UP YOUR LIFE

BE A FRIEND----YOU'LL HAVE A FRIEND

JACK