

ONE DAY AT A TIME

HOW TO LIVE A HAPPY LIFE!!!

1. THROW OUT NONESSENTIAL NUMBERS. THIS INCLUDES AGE, WEIGHT AND HEIGHT. LET THE DOCTOR WORRY ABOUT THEM. THAT IS WHY YOU PAY HIM.

2. KEEP ONLY CHEERFUL FRIENDS. THE GROUCHES PULL YOU DOWN.

3. KEEP LEARNING. LEARN MORE ABOUT THE COMPUTER, CRAFTS WHATEVER. NEVER LET THE BRAIN IDLE.

4. ENJOY THE SIMPLE THINGS. WHEN THE CHILDREN ARE YOUNG, THAT IS ALL YOU CAN AFFORD. WHEN THEY ARE IN COLLEGE, THAT IS ALL YOU CAN AFFORD WHEN YOU ARE ON RETIREMENT, THAT IS ALL THAT YOU CAN AFFORD.

5. LAUGH OFTEN, LONG AND LOUD. LAUGH UNTIL YOU GASP FOR BREATH.

6. TEARS HAPPEN. ENDURE, GRIEVE, AND MOVE ON. THE ONLY PERSON WHO IS WITH US OUR ENTIRE LIFE, IS OURSELVES. BE ALIVE WHILE YOU ARE ALIVE.

7. SURROUND YOURSELF WITH WHAT YOU LOVE, WHETHER IT IS FAMILY, PETS, KEEPSAKES, MUSIC, PLANTS, HOBBIES, WHATEVER.

8. CHERISH YOUR HEALTH. IF IT IS GOOD, PRESERVE IT. IF IT IS UNSTABLE, IMPROVE IT. IF IT IS BEYOND WHAT YOU CAN IMPROVE, GET HELP

9. DON'T TAKE GUILT TRIPS. GO TO THE MALL, THE NEXT COUNTY, A FOREIGN COUNTRY, BUT NOT TO GUILT COUNTRY.

10. TELL THE PEOPLE YOU LOVE, THAT YOU LOVE THEM, AT EVERY OPPORTUNITY

LIFE IS NOT MEASURED BY THE NUMBER OF BREATHS WE TAKE, BUT BY THE MOMENTS THAT TAKE OUR BREATH AWAY.

JACK