

ONE DAY AT A TIME

KEYS TO HAPPINESS

BE HONEST WITH YOURSELF, AND ALL FALSEHOOD
IS IMPOSSIBLE

BELIEVE YOURSELF TO BE NO LESS IMPORTANT THAN
ANYONE, YET KNOW HUMILITY

THINK POSITIVELY, AND BEHOLD BEAUTY AND
GOOD IN EVERYTHING

GIVE UNSELFISHLY OF YOURSELF, AND KNOW YOU
HAVE MADE YOUR GREATEST CONTRIBUTION

EXERCISE DAILY TO TUNE THE BODY, MIND AND SPIRIT

DREAM OF THE FUTURE, UTILIZE THE PRESENT,
AND DO NOT DWELL IN THE PAST

ESTABLISH GOALS AND STRIVE TO ACHIEVE THEM
TO MAINTAIN DIRECTION IN LIFE

THINK FOR YOURSELF, AND ALLOW OTHERS
THE SAME PRIVILEGE

HAVE PATIENCE WITH AND COMPASSION
FOR ALL, AS WE ARE OF THE SAME CREATOR

JACK