

ONE DAY AT A TIME

PHILOSOPHY TIPS THAT MAY HELP

THROW OUT NONESSENTIAL NUMBERS. THIS INCLUDES WEIGHT, AGE, AND HEIGHT.

KEEP ONLY CHEERFUL FRIENDS. GROUCHES PULL YOU DOWN. KEEP LEARNING. LEARN ABOUT THE COMPUTER, GARDENING, CRAFTS, WHATEVER. NEVER LET THE BRAIN IDLE. AN IDLE MIND IS THE DEVIL'S WORKSHOP.

ENJOY THE SIMPLE THINGS AS MUCH AS POSSIBLE. LAUGH OFTEN, LONG AND LOUD. LAUGH UNTIL U NEED BREATH.

THE 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.

SURROUND YOUR SELF WITH WHAT YOU LOVE, WHETHER IT'S FAMILY, PETS, KEEPSAKES, MUSIC, PLANTS, HOBBIES, WHATEVER. YOUR HOME IS YOUR REFUGE.

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

DON'T TAKE GUILT TRIPS. TAKE A TRIP TO THE MALL, EVEN THE NEXT COUNTY OR A FOREIGN COUNTRY. KEEP MOVING. TELL THE PEOPLE THAT U LOVE THEM AT EVERY OPPORTUNITY.

AND ALWAYS REMEMBER

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