

# Health Enews



Volume 1, Issue 10

December 14, 2015

## Actions to Live By from a Wise Man

- Never give up on anybody. Miracles happen everyday.
- Always accept an outstretched hand.
- Be brave. Even if you're not, pretend to be. No one can tell the difference.
- Never deprive someone of hope; it might be all they have.
- Be a good loser.
- Be a good winner.
- Don't burn bridges. You'll be surprised how many times you have to cross the same river.
- Live your life so that your epitaph could read, *No Regrets*.
- Never waste an opportunity to tell someone you love them.
- Once in a while, take the scenic route.
- Send a lot of Valentine's cards. Sign them, "Someone who thinks you're terrific".
- Show respect for everyone who works for a living, regardless of how trivial their job.
- Send your loved ones flowers. Think of a reason later.
- Make someone's day by paying the toll for the person in the car behind you.
- Become someone's hero.
- Don't expect life to be fair.
- Look people in the eye.
- Have a firm handshake.
- Become the most positive and enthusiastic person you know.
- When playing games with children, let them win.
- Beware of the person who has nothing to lose.
- Make it a habit to do nice things for people who will never find out.
- Remember, no one makes it alone. Have a grateful heart and be quick to acknowledge those who helped you.
- Take charge of your attitude. Don't let someone else choose it for you.
- Begin each day with some of your favorite music.

