



of positive living

The simple things you can do to find happiness.

ATTITUDE If you have a positive attitude towards life, everything else will follow.

BE BETTER In whatever you do, at work or at home, strive to perform the task better than last time you did it. Learn something new each day.

CRY When you're sad, crying is your body's way of letting go.

DECISIONS Make wise decisions and stick to them. The decisions you make today affect the life you'll live tomorrow.

ENCOURAGEMENT

Make it a habit to encourage yourself and others,

especially when things aren't going well. Be a source of strength to those around you.

FRIENDS Make new friends, keep old ones, and let go of those who are a negative influence in your life.

GIVING Do something for someone for free. Feel the satisfaction of bringing joy to someone else's life. There is more happiness in giving than in receiving.

HOLIDAY Now and then we all need a break from the stress that comes with daily living. If you can't afford to travel, why not spend a weekend at a friend or relative's house or at a nearby lodge? The change of environment will do you good.

INSPIRATION Surround yourself with people who are motivating and inspiring – the chances are it will rub off on you. Write down your goals and your favourite inspirational quotes and stick them where you can see them every day.

JOKES Laughter has been known to reduce stress, so laugh a lot. Buy a book of funny jokes and read them when you're feeling low.

KINDNESS This is a virtue that's hard to find these days. Cultivate it and you'll be as rare as a diamond.

LOVE "Love is patient and kind. It does not envy or boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails" This wonderful definition of love is found in the Bible in 1 Corinthians 13. See if you can match up by trying to substitute the word 'love' with your name.

MOVE When you fall do not stay down. Instead, get up and keep moving, no matter how difficult it may seem.

NATURE Enjoy nature. There's so much to learn about it. Take care of

the world and the environment around you as you would take care of a house you are proud of. Do not litter and destroy nature – you are not creating employment but poverty.

OPPORTUNITIES Keep your mind and your eyes open for new opportunities. Sometimes they present themselves in areas where we least expect them. Grab them before someone else does, and don't let fear stop you.

PRAY A conversation with your maker is worth every minute. Make time to speak to Him on a regular basis, through good times and bad.

QUIT QUITTING There is an Ethiopian proverb that says: "Smooth seas don't make skilful sailors." Finish what you start. Don't just give up when you're faced with an obstacle.

RELAX AND REST Get enough sleep. That way you start the next day feeling refreshed and healthy.

SEEK SUCCESS Your success is not measured by how much money you have. Aim for success in all aspects of your life: as a parent, as a worker, as a lover, or as a friend.

TIME CONSCIOUSNESS Value your time and other people's time. Procrastination (putting things off until later) steals time and gives no rewards.

VARIETY Variety is the spice of life and it also increases your creativity. Befriend someone who has a different background to yours. Accept that your way is not the only way.

XPEL Xpel negative thoughts from your life. Surround yourself with people who have qualities that you want to develop in yourself.

YOU Realise that you are unique and special, and in fact the starting point of perfection. Find your own unique way of making a positive contribution to society.

ZEAL Be zealous in following your dreams and nothing will stand in your way. Your enthusiasm will make people want to help you reach your destination. ❖

“We see things not as they are, but as we are”

HIM TOMLINSON