

SOME GUIDELINES FOR LIVING

Compiled by Dr. A. L. Aden

- Set your goals high – you are unlikely to achieve more than you seek.
- Be an “up” person – there are always better days ahead, and you may succeed in lifting the spirits of others.
- Be yourself – let your personality sparkle & your interest in people show.
- Everyone needs TLC – Never lose your capacity to give and receive love.
- Do your best always – but remember:
 - The best doesn’t always win; 2nd best need not always lose
 - Extra effort, dedication and desire can make the difference
 - When you lose, look for the lesson so that you be better prepared next time.
- Use fairness and frankness, coupled with sensitivity in dealing with others.
- Occasional adversity can made us more sensitive to the needs and limitations of others.
- We all need help sometimes – let others help you when you need it; provide help when you can.
- Use your talents – God has been generous.
- Keep your faith in God – he is the ultimate helper.
- Learn from history – your own mistakes and the mistakes of others
- Learn to judge people by what they do, as well as what they say.
- We all make mistakes – don’t be afraid to say you are sorry.
- We learn best by doing – try to do.
- We all need good examples – look for them.
- We all can benefit from occasional good coaching – try to find a good coach.
- Be a “lifter”, not a “leaner”
- “Happiness” is a journey – not a place, and it is not related to “wealth” (Some of my happiest times have been spent with loved ones, camping in a tent, singing by a campfire).
- Nurture your ability to learn as if you were to live forever, and to live as if you were to die tomorrow
- Ask much of others – but never more than you are willing to give in return
- When the going gets tough, the tough get going.
- If you can’t be a part of the solution, try not to be a part of the problem
- Remember the prayer – “God grant me the courage to change the things I can, the serenity to accept the things I can’t, and the wisdom to know the difference.”
- Keep your idealism, but temper it with realism.
- To be a leader, one has to lead.
- Be proud of your accomplishments – but share the credit with those who deserve it.
- Show appreciation for help and give praise for a job well done.
- There is no security other than ones own ability.
- Listen carefully to what people say, but try to understand the real message behind the words – what, why and body language.
- Experience the joy of mutual sharing.
- Balance – A key word regarding conflicting items – Goals, Characteristics, Priorities
- Think for yourself and make the tough decisions, when required
- “Talent is God given, be humble; Fame is man given, be thankful; Conceit is self given, be careful.”
- Success is the balance of talent, hard work, and luck.
- We do not drink the tea as hot as it is poured; look for the discounting and rationalization factors.