REMINDERS FOR A HAPPY AND REWARDING LIFE

compliment three people every day.

watch a sunrise at least once a year.

remember other people’s birthdays.

have a firm handshake.

look people in the eye.

say “thank you” a lot.

learn to play a musical instrument.

own a great stereo system.

be the first to say, “hello.”

live beneath your means.

floss your teeth.

return all things you borrow.

teach some kind of class.

treat everyone you meet like you want to be treated.

make new friends but cherish the old ones.

keep secrets.

never refuse homemade brownies.

write “thank you” notes promptly.

watch for big problems. They disguise big opportunities.

don’t waste time learning the “tricks of the trade”—instead, learn the trade.

put the cap back on the toothpaste.

live so that when your children think of fairness, caring, and integrity, they think of you.

Excerpts from Life’s Little Instruction Book