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- ① PHYSICALLY HEALTHY PEOPLE HAVE NO RIGHT TO BE UNHAPPY.
- ② TO LOVE AND TO BE LOVED IS THE GREATEST HAPPINESS.
- ③ PERSONAL HAPPINESS IS THE BIGGEST DONATION TO THE WORLD
- ④ THE SMILE ON MY FACE DOES NOT MEAN MY LIFE IS PERFECT. IT MEANS I APPRECIATE WHAT I HAVE AND WHAT GOD HAS BLESSED ME WITH.
- ⑤ SUCCESSFUL PEOPLE KEEP TWO THINGS ON THEIR LIPS - SMILE AND SILENCE.
- ⑥ SMILE - IT WILL MAKE YOU LOOK BETTER,
PRAY - IT WILL KEEP YOU STRONG.
LOVE - IT WILL HELP YOU ENJOY LIFE MORE.
- ⑦ AT THE END OF YOUR LIFE YOUR IDENTITY BECOMES A BODY. FAMILY AND OTHER PEOPLE WILL SAY - LET US TAKE CARE OF THIS BODY ASAP. PEOPLE DON'T EVEN CALL YOU BY YOUR NAME WHOM YOU TRIED TO IMPRESS WHOLE LIFE. LIVE A LIFE TO IMPRESS THE CREATOR NOT THE CREATIONS.
BE TRUTHFUL, GENTLE, LOVING AND FEARLESS!
- ⑧ EVEN GOD DOES NOT LIKE HARSHNESS OF TONGUE AND HEART. THAT'S WHY HE MADE THEM BONELESS.
BE SOFT TO ALL.
- ⑨ DISAPPOINTMENTS ARE GOD'S WAY OF SAYING - "I HAVE GOT SOMETHING BETTER".
- ⑩ UNEXPECTED RESULTS AND PROBLEMS ARE PART OF LIFE NEVER LOOSE HOPE IN ANY CONDITION. DARKNESS OF NIGHT ALWAYS FINISHES WITH LIGHT.
- ⑪ IF YOU FAIL TO ACHIEVE YOUR DREAMS, CHANGE YOUR WAYS NOT YOUR PRINCIPLES. TREES CHANGE THEIR LEAVES NOT THE ROOTS

- ⑫ WHAT CANNOT BE CURED MUST BE ENDURED. COMPLAINTS KILL THE CREATIVITY.
- ⑬ PEOPLE WILL HATE YOU, RATE YOU, SHAKE YOU AND BREAK X BUT HOW STRONG YOU STAND IS WHAT MAKES YOU.
- ⑭ WEAK PEOPLE REVENGE, STRONG PEOPLE FORGIVE, INTELLIGENT PEOPLE IGNORE.
- ⑮ A PERSON'S MOST USEFUL ASSET IS NOT A HEAD FULL OF KNOWLEDGE BUT A HEART FULL OF LOVE, AN EAR READY TO LISTEN AND A HAND WILLING TO HELP.
- ⑯ GETTING WHAT YOU LIKE IS SUCCESS, LIKING WHAT YOU GET IS HAPPINESS!
- ⑰ ANIMALS BEING SLAUGHTERED ARE AT SEVERE PAIN, FEAR AND ANGER. SO, NON-VEGETARIAN FOOD PROMOTES PAIN, FEAR AND ANGER IN HUMAN BEINGS. BE VEGETARIAN LIVE HEALTHIER, HAPPIER AND FEARLESS.
- ⑱ HATRED NEVER TOUCHES THE HATED. IT ONLY DESTROYS THE HATER!
- ⑲ AN AVERAGE MAN IS REALLY A FOOL. WHEN IT IS HOT HE WANTS IT COOL. WHEN IT IS COOL HE WANTS IT HOT. ALWAYS WANTING WHAT IS NOT.
- ⑳ WE WALK THE SAME EARTH, SHARE THE SAME SKY, BREATHE THE SAME AIR, WE ARE A SINGLE HUMAN FAMILY. GOD BLES US!
- ㉑ FORGIVENESS IS AN ORNAMENT OF THE BRAVE. REVENGE IS A WEAPON OF THE COWARD.
- ㉒ THINGS HAPPEN. NO ONE IS INDEPENDENT DOER OF ANYTHING, ITS ALL SCIENTIFIC CIRCUMSTANCIAL EVIDENCE.
- ㉓ IF WE GET BUSY PICKING OUR OWN FAULTS, WE WOULD NOT HAVE TIME TO FAULT OTHERS!
- ㉔ GLASS IS NOT HALF EMPTY. IT IS FULL - HALF WITH WATER, HALF WITH AIR. MODI - PRIME MINISTER OF INDIA.

DESIDERATA

GO PLACIDLY AMID THE NOISE & HASTE, & REMEMBER WHAT PEACE THERE MAY BE IN SILENCE. AS FAR AS POSSIBLE WITHOUT surrender be on good terms with all persons. Speak your truth quietly & clearly; and listen to others, even the dull & ignorant; they too have their story. ☞ Avoid loud & aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain & bitter; for always there will be greater & lesser persons than yourself. Enjoy your achievements as well as your plans. ☞ Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. ☞ Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment it is perennial as the grass. ☞ Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond a wholesome discipline, be gentle with yourself. ☞ You are a child of the universe, no less than the trees & the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. ☞—Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors & aspirations, in the noisy confusion of life keep peace with your soul. ☞ With all its sham, drudgery & broken dreams, it is still a beautiful world. Be careful. Strive to be happy. ☞ ☞

When people talk, at least seven different messages are involved:

What you **mean** to say

What you **actually** say

What the other person **heard**

What the other person hears in light of **of what they want to hear**

What the person hears in light of **their experience**

What the other person **says you said**, and **then does about it**

What **you think** the other person **said** - about what you said

(emphasis mine)

From The five Pillars of TQM

Bill Creech, page 321