

## **PHILOSOPHIES TO GUIDE YOU**

*As you strive to achieve your life balance,  
these behaviors can lay the foundation for your journey.*

**Be deliberate with your life.** Your life is up to you and what you make of it. Don't just let it happen to you. Be deliberate in the decisions that you make and the paths that they lead you to. *Pat McCarty*

**Start your day with quiet time.** My day always seems to go better when I start it with some quiet time for meditation. This quiet time helps me set my energy level, think about what I want to accomplish, get in touch with who I am, and confirm who I choose to be. *Val Schmitt*

**Stick your neck out.** If you fail—and you will from time to time—get back on your feet and try again. You never know what could have happened unless you are willing to go after your goals. *Sandra Harrsen*

**Listen to your own advice.** If you find yourself overwhelmed with stress, calmly ask yourself, “What advice would I give to a friend in this situation?” *Jenny Lind Berry*

**Be who you are.** Learn to like who you are, be true about who you are, and don't succumb to the temptation to dress yourself up. Be your authentic self. *Eliu Camacho*

**Turn your dreams into action.** You can dream all you want, but if you don't take steps towards fulfilling those dreams, they won't ever become reality. *Phil Zeiss*

**Enjoy things as you go.** Don't put off the important and fun things until later. Later can have a habit of never arriving. *Pat McCarty*

**Let someone know you love them.** Keep in touch with your family and your very close friends—the people you love. As you read this, consider calling someone special. *Robert (Bob) Douglas Berry*

**Consider your options and make a plan.** When facing a hardship, the most useful first step will be to consider your options, then map out a strategy to deal directly with the hardship, and then execute your plan. *Malcolm (Buck) Marsh, Jr.*

**Live in the now.** I choose not to spend time worrying about tomorrow or wallowing in a past that may not have shown me in my best light. I choose to live in the present—the now—and to be thankful for what I have at the moment. *Val Schmitt*

**We are all works in progress.** All people are working their way through life. People change, mature, and benefit from their errors and mistakes. We are all in the process of becoming. *Chuck Soukup*

**First take care of yourself.** Prioritize yourself before all others. The greater your self-fulfillment, the more you will have to offer others. If you don't take care of yourself first, you can lose yourself and lose your happiness and sense of fulfillment. *Pat McCarty*

**“Ideas to help you become more successful.”**