

## **32 KEYS- A COLLECTION OF IDEAS ABOUT LIFE**

**LIFE:** "Be happy while you're living, for you're a long time dead."

*Life is mostly froth and bubble; Two things stand like stone: Kindness in  
another's trouble,  
Courage in our own.*

**WORRY:** "A god, invisible but omnipotent. It steals the bloom from the cheek and lightness from the pulse; it takes away the appetite and turns the hair gray."

**ATTITUDE:** "The mind is its own place, and in itself can make a heaven of hell, a hell of heaven."

**ANGER:** "Whatever is begun in anger, ends in shame."

**THOUGHTS:** "We are what we think. So, Garner up pleasant thoughts in your mind, for pleasant thoughts make pleasant lives."

**FRIENDSHIP:** "The rule of friendship means there should be mutual sympathy between them, each supplying what the other lacks and trying to benefit the other, always using friendly and sincere words."

**TODAY:** At the end of today, if it has been preoccupied with thoughts of enjoyment that might be coming, we will find that we have lost something valuable that will be gone forever. That is Today!

**HAPPINESS:** "If you aren't happy, why aren't you?. Happiness consists more in small conveniences of pleasures that occur every day, than in great pieces of good fortune that happen but seldom to a man in the course of his life."

**ACCEPTANCE:** "There is only one way to happiness and that is to cease worrying about the things which are beyond the power of the will."

**DESPAIR:** "We shall draw from the heart of suffering itself the means of inspiration and survival."

**CONFIDENCE:** "They can because they think they can."

**RELAXATION:** "Practicing relaxation techniques can help calm our days when they get too stressful. It's easy to miss out on enjoying a day in our life if our minds are filled with worrisome thoughts and our bodies are tense with stress. A day lived is not coming back and we should not lose it in this way".

**PURPOSE:** Many of us at one time or another have wondered what we are doing here. This can be both at times when we are having hectic, stress filled days, or at a standstill in a fog of boredom. We have temporarily lost sight of

our purpose. "When a man does not know what harbor he is making for, no wind is the right wind."

**PAST:** "When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us."

**APPRECIATION:** Expect nothing and appreciate everything. "Think of what you have rather than of what you lack. Of the things you have, select the best and then reflect how eagerly you would have sought them if you did not have them."

**KINDNESS:** Kindness to others is usually a rewarding experience, both to the recipient and the giver. When we are kind to someone we do not need to be thanked since we are instantly rewarded.

*"When you are good to others, you are best to yourself."*

**FEAR:** So much to fear - if we allow it. There is only one you, unique and deserving of a good life, so feel good about yourself just the way you are.

**RESPONSIBILITIES:** "It is not alone what we do, but also what we do not do, for which we are accountable."

**VALUES:** "The cost of a thing is the amount of what I call life, which is required to be exchanged for it immediately or in the long run."

**STRESS:** "This strange disease of modern life with its brisk hurry and divided aims."

**FUTURE:** "We are never living, but only hoping to live; and, looking forward always to being happy, it is inevitable that we never are so."

**REVENGE:** "He who seeks revenge should remember to dig two graves."

**PROBLEMS:** We are all faced with problems throughout our lives, some are small, others huge. Depending on how we deal with them, they can be overwhelming and devastate our lives, or they can quickly fade into the past.

**LOVE:** "Two persons who have chosen each other out of all the species with a design to be each other's mutual comfort and entertainment have, in that action, bound themselves to be good-humored, affable, discreet, forgiving, patient, and joyful, with respect to each other's frailties and perfections, to the end of their lives."

*"If you wished to be loved, love."*

**SELF-ESTEEM:** Lack of self-esteem is a fairly common personal trait found in various segments of our society, with young and old. It can hold back our progress, put us under extreme stress, and make us feel generally bad about life.

**COOPERATION:** Cooperation is an essential ingredient in the plan for a successful and satisfying life.

**SLEEP:** Being free of constant stress and worry during the day and evening is pretty well a necessity for happy living, and for a good night's sleep. So try to establish a GOOD SLEEP to reduce your anxieties in life.

**FAITH:** Faith is defined as having complete confidence, trust and belief. For a strong and rewarding journey through life we should have a generous amount of faith. Faith in ourselves, our families and friends, our God.

*"Have faith, hope, and charity. That's the way to live successfully."*

**CHEERFULNESS:** Cheerfulness is a state of mind in which we feel content and confident and are free of stress, anxieties and fear. A prolonged state of being cheerful is happiness.

**HUMILITY:** A certain amount of humility is helpful in moving on through the stages of life. It gives us a realistic approach to interacting with other people in our lives.

**HEALTH:** "We ought to be more concerned about removing wrong thoughts from the mind than about removing tumors and abscesses from the body.

**MEDITATION:** "Meditation has been defined as the cessation of active eternal thought"

### **POINTS ON HOW TO IMPROVE YOUR LIFE**

#### **Personality:**

1. Don't compare your life to others'. You have no idea which their journey is all about.
2. Don't have negative thoughts of things you cannot control. Instead invest your energy in the positive present moment.
3. Don't overdo; keep your limits.
4. Don't take yourself so seriously; no one else does.
5. Don't waste your precious energy on gossip.
6. Dream more while you are awake.
7. Envy is a waste of time. You already have all you need..
8. Forget issues of the past. Don't remind your partner of his/her mistakes of the Past. That will ruin your present happiness.
9. Life is too short to waste time hating anyone. Don't hate others.
10. Make peace with your past so it won't spoil the present.

11. No one is in charge of your happiness except you.
12. Realize that life is a school and you are here to learn.
13. Smile and laugh more.
14. You don't have to win every argument. Agree to disagree.

**Community:**

15. Call your family often.
16. Each day give something good to others.
17. Forgive everyone for everything.
18. Spend time with people over the age of 70 & under the age of 6.
19. Try to make at least three people smile each day.
20. What other people think of you is none of your business.
21. Your job will not take care of you when you are sick. Your family and friends  
Will. Stay in touch.

**Life:**

22. Put GOD first in anything and everything that you think, say and do.
23. GOD heals everything.
24. Do the right things.
25. However good or bad a situation is, it will change.
26. No matter how you feel, get up, dress up and show up.
27. The best is yet to come.
28. Get rid of anything that isn't useful, beautiful or joyful.
29. When you awake alive in the morning, thank GOD for it.
30. If you know GOD you will always be happy. So, be happy.

While you practice the entire above, share this knowledge with the people you love, people you school with, people you play with, people you work with and people you live with. Not only will it enrich YOUR life, but also that of those around you.