

## *Message Of The Month - August 2009*

### PRINCIPLES FOR A HEALTHY AND BALANCED LIFE

As you take stock of your **PERSONAL GROWTH JOURNEY**, I recommend that you review the following principles and determine to what extent you live a healthy and balanced life:

- 1 . Take it a day at a time
- 2 . Learn from the past, live in the present, and plan for the future
- 3 . Work hard
- 4 . Know when it's time to play
- 5 . Come to understand how beliefs, thoughts, attitudes, feelings and behavior effect your life
- 6 . Take care of business
- 7 . Learn something new everyday
- 8 . Know when to say **NO** and when to say **YES**
- 9 . Do not allow **FEAR** to control your life
- 10 . Let life come to you, **DON'T FORCE IT**
- 11 . Be kind to yourself and to others
- 12 . Accept that life is not perfect and neither are you
- 13 . Come to terms with the fact that **LIFE IS NOT FAIR**
- 14 . Take responsibility for your mess and clean it up
- 15 . Know when to take healthy and calculated risks
- 16 . Realize that the only person you can change is yourself
- 17 . Be aware of your strengths and your limitations
- 18 . Know when to **GO** and when to **STAY**
- 19 . Know when to **GIVE** and when to **RECEIVE**
- 20 . Take responsibility for your own actions
- 21 . Know who is trustworthy and who is not

".....Accept the things you cannot change; courage to change the things you can and the wisdom to know the difference....."

### THE SERENITY PRAYER