

## DO YOU REMEMBER YOUR ABCs

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<b>A</b>	Avoid negative people, places and habits		<b>N</b>	Never lie or steal. Strike a fair win-win deal for everyone involved
<b>B</b>	Believe in yourself and the power of intention		<b>O</b>	Open your eyes and see things as they really are
<b>C</b>	Consider things from every angle		<b>P</b>	Practice makes perfect when the appropriate response is reinforced
<b>D</b>	Don't give up easily and don't give in too soon		<b>Q</b>	Quitters never win and winners never quit
<b>E</b>	Enjoy life today and every day		<b>R</b>	Read and learn about everything important in your life
<b>F</b>	Family and friends are treasures to seek and enjoy		<b>S</b>	Stop procrastinating. If you take care of today, tomorrow will take care of itself
<b>G</b>	Give more than what others expect		<b>T</b>	Take control of your destiny
<b>H</b>	Hang on to your dreams		<b>U</b>	Understand yourself first in order to understand others better
<b>I</b>	Ignore those who try to discourage you		<b>V</b>	Visualize your intention
<b>J</b>	Just do it - even though you are afraid to try		<b>W</b>	Walk the talk and talk the walk
<b>K</b>	Keep trying, it will get easier		<b>X</b>	Expel bad and un-necessary habits
<b>L</b>	Love yourself first, then others		<b>Y</b>	You are unique and you have a purpose in the universe
<b>M</b>	Make it happen		<b>Z</b>	Zero in on your target and stay focused