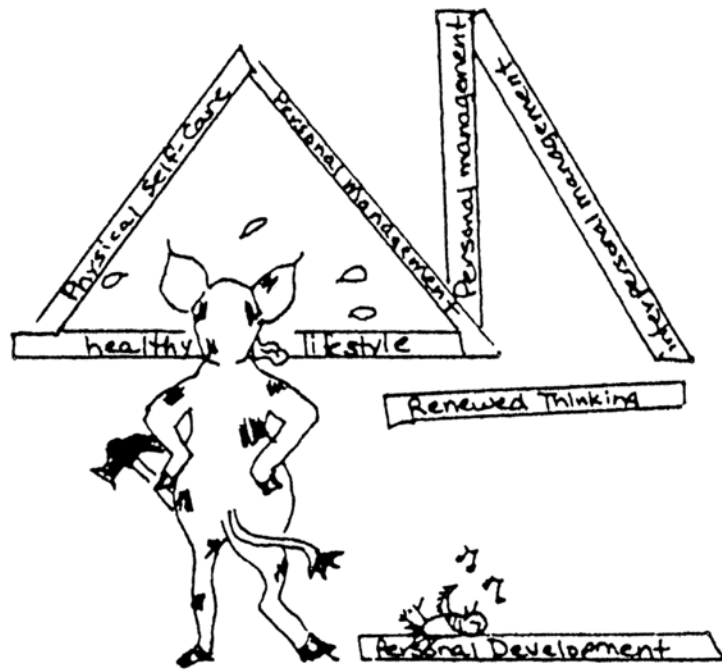
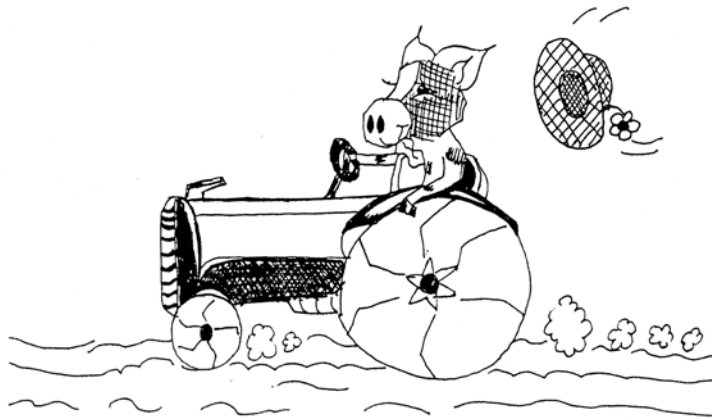


The Barn

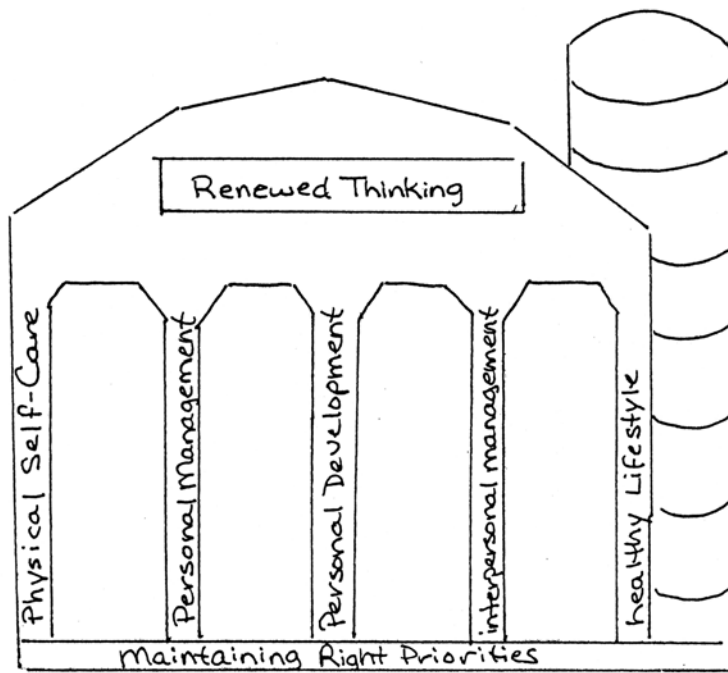


Put the following in order based on what you think would be the foundation, roof, and walls for a more manageable life:

- *Personal Management*
- *Interpersonal Management*
- *Healthy Lifestyle*
- *Maintaining Right Priorities*
- *Renewed Thinking*
- *Physical Self Care*
- *Personal Development*



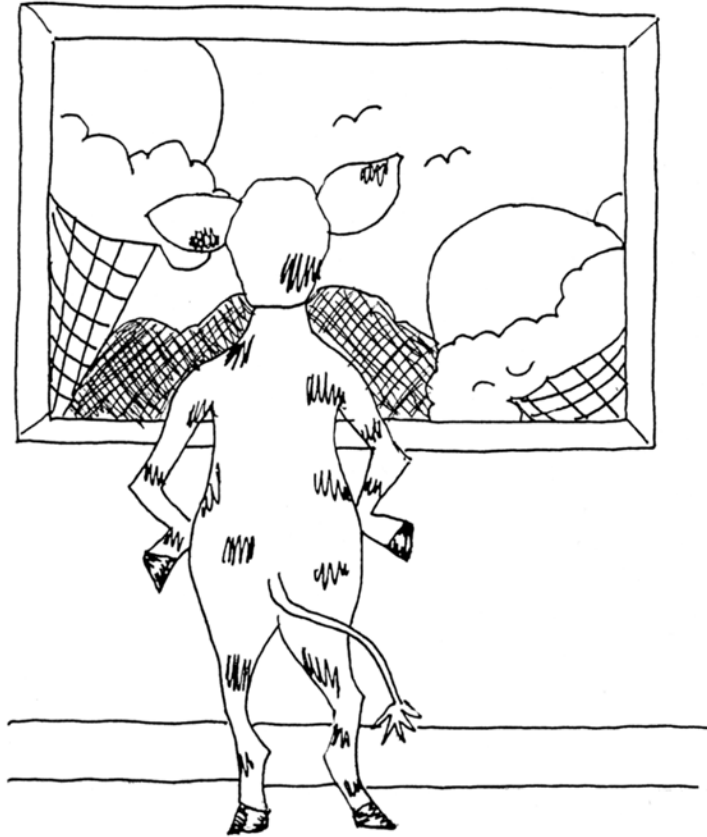
How did you do?



THE FOUNDATION

Right Priorities

Discovering who you are and why you were placed on this Earth is one of the major tasks in life. Remembering that life is a journey to be lived, and not just a destination to be reached, is a true key to satisfaction and contentment. What do you want people to say about you after you have died? How do you want to be remembered? What do you think would truly be important to you if you only had six months to live? The answers to these questions help to discover true priorities in life, and living with these as our foundation gives us perspective. It



keeps the “big picture” in focus. What is your “big picture?”

Get the “big picture” all around you. Take a moment from your day and fill your senses with the sights and

smells of nature. Notice the sky, trees, birds, flowers, mountains, water and breezes. Life is big; problems are small in comparison.

Stay focused in the present. We can do nothing to change the past, and the future is not here yet. What can you do to make a better today?

Make time for the ones you love. When we are at the end of our lives, it is not the work, career, social status, schedules, money, possessions or any temporal thing that we are concerned about. It is the relationships with those closest to us. Take time now to sow good seeds of friendship and love that will reap a good harvest throughout life.

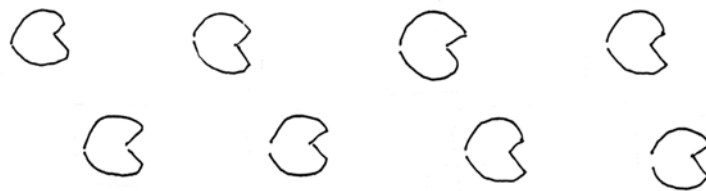


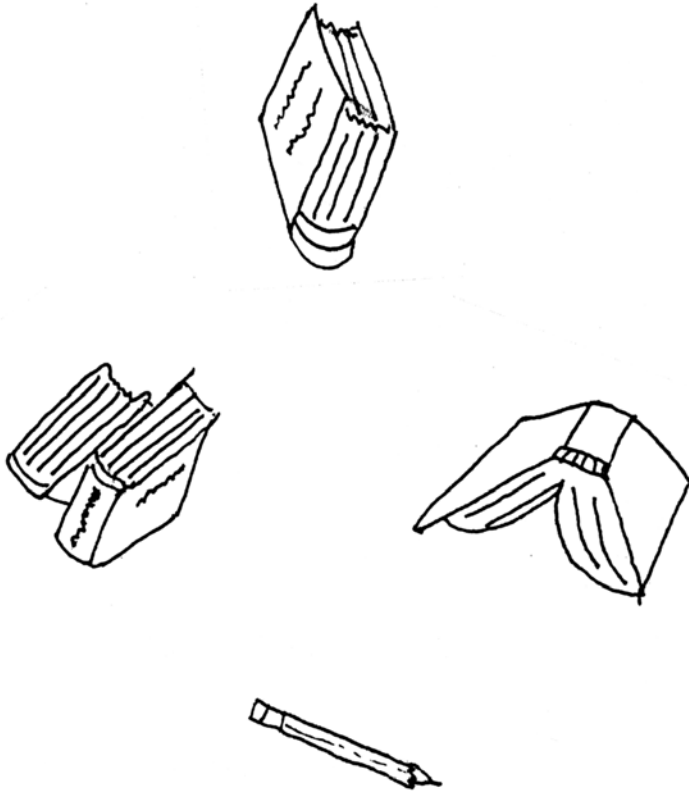
Pray. Sounds simple, but how many of us take the time to do it? Pray about the challenges that face you. Pray

about your situations and feelings.
Then *leave them there*. Have faith!

People are uniquely created. When we begin to see each as a miracle in and of themselves, we appreciate them, life, and ultimately ourselves more. Put people before things. Honor those around you more than objects, ideas, rules or business.

Read inspirational books about the road successful people have traveled. Books that feed your spirit. Books that challenge you to aim higher, appreciate life, and spur you on to greater things.





“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”

—Helen Keller

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

—Oliver Wendell Holmes

“You don’t ever have to do anything sensational in order to love or to be loved... What really nourishes our souls is knowing that we can be trusted, that we never have to fear the truth, that the foundation of our very being is good stuff.”

—Fred Rogers

“If you give what you do not need, it isn’t giving.”

—Mother Teresa

“You have a calling which exists only for you and which only you can fulfill.”

—Dr. Naomi Stephan

“The greatest of all miracles is that we need not be tomorrow what we are today, but we can improve if we make use of the potential implanted in us by God.”

—Rabbi Samuel M. Silver