

Two men looked out from prison bars,  
 One saw the mud, the other saw the stars.



"The most important thing in life is not to capitalize on your gains. Any fool can do that. The really important thing is to profit from your losses. That requires intelligence; and it makes the difference between a man of sense and a fool."

What to say to a **MELANCHOLIAC**:  
 Never do anything you don't like.  
 Try to think every day how you can please someone.  
 (be modest, friendly, free of superiority)

# How to Stop Worrying and Start Living

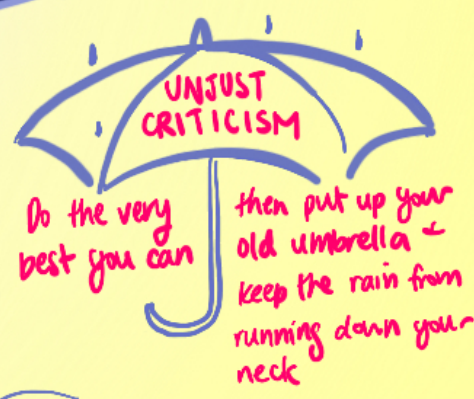
Don't expect gratitude - give for the joy of giving.

Never waste a minute thinking about people we don't like.

**FIND OURSELVES + BE OURSELVES.** for envy is ignorance, imitation is suicide.

Man is not made to understand life, but to live it.

**- DALE CARNEGIE -**



The 2 important things Jesus declared about religion:  
 - loving God with all our heart (is 'God' hope, gratitude, humility, courage?)  
 - loving our neighbour as ourselves  
 A belief that we aren't fighting our battles alone, that we don't need to worry.

IN PRAYER, human beings seek to augment their finite energy by addressing themselves to the Infinite source of all energy. When we pray, we link ourselves with the inexhaustible motive power that spins the universe.

LET'S KEEP A RECORD OF THE **FOOL THINGS** WE HAVE DONE AND **CRITICIZE OURSELVES.**  
 ASK FOR UNBIASED, HELPFUL, CONSTRUCTIVE CRITICISM.

**ASK** and it shall be given you;  
**SEEK** and ye shall find;  
**KNOCK** and it shall be opened unto you.

Take afternoon naps!  
 (Rest often, before you get tired.)

Let go...   
 Let go...  
 Let go and relax.

IF YOU HAVE ALL THE NECESSARY FACTS, MAKE A DECISION **NOW!**

Our life is what our thoughts make it.   
 Only GOOD QUALITY THOUGHTS!

How much worry is this thing worth? Give no more.

Live in **[DAY-TIGHT COMPARTMENTS]**

- ① What is the worst that can possibly happen?
- ② Accept it.
- ③ Calmly proceed to improve upon the worst.

- ① What's the problem?
- ② What's the cause?
- ③ What's the best solution?
- ④ ACT and stop worrying!