

Eleven Words We All Need to Say More Often

Saying four things comprising just 11 words carry the core wisdom of what matters most in life:

Please forgive me

I forgive you

Thank you

I love you

You need not wait until you or someone you love is seriously ill to say these four things. When you love someone, it's never too soon. These four things can help you discover opportunities to enliven all your important relationships.

Why not practice saying them right now?