

A SMILE COSTS NOTHING

A smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor that he can't be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours as none needs a smile so much as he who has no more to give.

TO LAUGH OFTEN

Ralph Waldo Emerson

To laugh often and much;
to win the respect of intelligent people
and the affection of children;
to earn the appreciation of honest critics
and endure the betrayal of false friends;
to appreciate beauty,
to find the best in others;
to leave the world a bit better,
whether by a healthy child, a garden patch
or a redeemed social condition;
to know even one life has breathed easier
because you lived.

THIS IS TO HAVE SUCCEEDED

MY RELATIONSHIPS WITH OTHERS Thomas Gordon Ph.D.

You and I are in a relationship which I value and want to keep. Yet each of us is a separate person with his own unique needs and the right to meet those needs.

When you are having problems meeting your needs I will listen with genuine acceptance in order to facilitate your finding your own solutions instead of depending on mine. I will also try to respect your right to choose your own beliefs and develop your own values, different though they may be from mine.

...In this way you can continue to grow as a person through satisfying your needs and so can I. Thus ours can be a healthy relationship in which each of us can strive to become what he is capable of being. And we can continue to relate to each other with mutual respect and peace.