

Tom Hopkins'
RULES FOR A PERFECT DAY

Just for today...

I will try to live and delight in the reality of being alive. My past is forever gone, my future - an uncertainty, so I will be happy and thankful for each moment.

I will not allow negative input into my mind...happiness is a choice and I choose to be happy.

I will be thankful to God for my health, my loved ones, my business, and my country. I will also be thankful for any pain in crisis that helps me grow because God has said, "be thankful in all things".

I will take care of my body, realizing the importance of the words moderation and balance, knowing that as I bring my flesh under control, how much easier it will be to control my will and my actions.

I will treat everyone I meet today the way I would like to be treated. I will strive to have them like themselves better when they're with me.

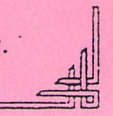
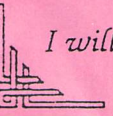
I will avoid gossip, jealousy, and negative thinking. Most people don't think about what they think about. Today, I will make a conscious effort to hold loving and beautiful thoughts in my mind.

I will write down my priorities; thinking of my loved ones and my responsibilities. I may not get everything done, but I will do the most-productive thing possible at every given moment.

I will strive to humble myself before others, controlling my ego and making other people feel important.

I will spend time in study, learning how to better serve my fellowman. I know my growth in all areas is in direct proportion to the service I give to others.

I will not take rejection personally. I am first and foremost in the people business and, thus, realize they can only reject my proposal and not me. I will keep on keepin' on.



I will spend time in prayer, asking God to let others see the light of His shining love through me.