MOST OF WHAT YOU NEED TO KNOW . . .
YOU LEARNED IN KINDERGARTEN.

1. SAY "PLEASE" AND "THANK YOU."
2. BE NICE.
3. PLAY FAIR.
4. DON'T TELL LIES.
5. IF YOU CAN’T SAY SOMETHING NICE ABOUT SOMEONE, DON'T SAY IT AT ALL.
6. DON'T HIT PEOPLE.
7. SAY YOU'RE SORRY IF YOU HURT SOMEONE.
8. CLEAN UP AFTER YOUR OWN MESS.
9. DON'T TAKE THINGS THAT AREN'T YOURS.
10. WAIT YOUR TURN.
11. DON'T TOUCH SOMETHING IF YOU DON'T KNOW WHERE IT'S BEEN.
12. GO OUTSIDE TO PLAY.
13. IT'S OK TO CRY.
14. IF YOU DON'T GET IT THE FIRST TIME, TRY AGAIN.
15. EAT YOUR VEGETABLES, DRINK YOUR MILK, AND GO TO BED EARLY.
16. YOU'RE SPECIAL AND THERE'S NO ONE ELSE LIKE YOU IN THE WHOLE WORLD.

ROBERT FULGHAM, MINISTER EMERITUS, UNITARIAN CHURCH

OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.