

FREEDOM REQUIRES RESPONSIBILITY

R E S P O N S I B I L I T Y

RESPECT FOR OTHER PEOPLES RIGHTS.

ENERGY REQUIRES STAYING HEALTHY AND FOCUSED.

SIMPLE STEPS - HUGE STEPS OVERWHELM AND STOP CHANGE.

PERSEVERANCE – ONE STEP TO START–THEN THE NEXT–AND THE NEXT.

ORGANIZE TO AVOID MISSING DETAILS THAT AFFECT OTHERS.

NEUTRALIZE NATTERING NABOBS OF NEGATIVITY.

SET SKILLFUL STANDARDS – STAND FIRM – STOP SUBSTANDARD STUFF.

INVESTMENT IN THE OUTCOME FOR MUTUAL BENEFIT.

BELIEVABILITY – CAN YOU BE TRUSTED TO DO WHAT YOU SAY ?

INTEGRITY OF PURPOSE - IS IT GOOD FOR YOU AND FOR THEM ?

LIVE CONSCIOUSLY – BE AWARE OF YOUR IMPACT UPON OTHERS.

INTIMACY REQUIRES NONJUDGMENTAL ACCEPTANCE AND INTEREST.

TIME AND PRACTICE – OVER AND OVER – PEOPLE WATCH AND DECIDE.

YIN & YANG ARE IN ALL THINGS – BE ATTENTIVE TO BOTH INFLUENCES.

LEWIS QUINBY



**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.**