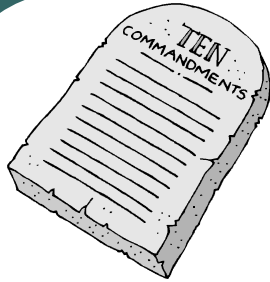


# BACKDOOR READING FROM YOUR PARISH NURSE

January, 2010

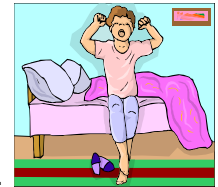
ASBURY UNITED METHODIST CHURCH



## Your Handbook for 2010

### HEALTH

- Drink plenty of water
- Eat breakfast like a king, lunch like a prince and dinner like a beggar.
- Live with the 3 E's –Energy, Enthusiasm and Empathy
- Make time to pray
- Play more games
- Read more books than you did in 2009
- Sit in silence for at least 10 minutes a day
- Sleep for 7 hours
- Take a 10-30 minute walk daily. And while you walk, smile.
- Your job won't take care of you when you're sick. Your friends will. Stay in touch.



### PERSONALITY

- Don't compare your life to others. You have no idea what their journey is all about.
- Don't take yourself so seriously. No one else does.
- Don't waste your precious energy on gossip.
- No one is in charge of your happiness except you.
- Smile and laugh more
- Agree to disagree.
- Don't hate anyone.
- Dream more while you're awake
- Envy is a waste of time.
- Make peace with your past.



### LIFE

- Do the right thing.
- Get rid of everything that isn't useful, beautiful or joyful.
- GOD heals everything.
- However good or bad a situation is, it will change.
- The best is yet to come.
- When you wake up alive in the morning, thank GOD!

