

NEWSLETTER

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THE ABC's OF LIFE

This was on the wall of a doctor's waiting room I sat in recently. I copied it down but there was no author I could credit. I believe in giving people credit for their work. If I ever find the author I will fully acknowledge him or her in a future newsletter.

ACCEPT DIFFERENCES
BE KIND
COUNT YOUR BLESSINGS
DREAM
EXPRESS THANKS
FORGIVE
GIVE FREELY
HARM NO ONE
IMAGINE MORE
JETTISON ANGER
KEEP CONFIDENCES
LOVE TRULY
MASTER SOMETHING
NURTURE OTHERS
OPEN YOUR MIND
PACK LIGHTLY
QUELL RUMORS
RECIPROCATE
SEEK WISDOM
TOUCH HEARTS
UNDERSTAND
VALUE TRUTH
XERISCAPE
YEARN FOR PEACE
ZEALOUSLY SUPPORT A WORTHY CAUSE

There is only one teeny change I would make. XERISCAPE means landscaping in dry climates to conserve water. I live in Arizona so I am all for xeriscaping. But if I were the author of this clever list I would let X stand for XRAY YOUR INNER SELF. I feel the reason most of us cannot or do not follow these simple rules is that we are not aware of what makes the only person we can control...ourselves...tick.

Remind your children of these precepts. Talk about why each is important. I also use this as a memory game. I recite the list to myself while walking the dog. You can play the game with your child: one starts and the other follows.

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You can find Dr. Heins on Twitter where she will post website updates: <http://twitter.com/drheins> and on her parenting blog at Dr Heins' Post: <http://www.drheins.blogspot.com/>