

- **Smile often.**
- **Listen to others – everyone has a story.**
- **Be willing to express feelings through conversation.**
- **Talk to God daily.**
- **Learn something new to share each day.**
- **Remain calm and polite when others are not.**
- **Share your hopes with others. Listen to theirs.**
- **Ignore undue criticism.**
- **Read something for pleasure.**
- **Play, and have fun with and enjoy your family. Laugh together.**
- **Refuse to complain.**
- **Sincerely compliment others.**
- **Teach someone a new skill.**
- **Take a walk with a loved one.**