

Practical Wisdom,
Daily Reminders,
and Suggestions
for a Good and
Meaningful Life

By Jerry Posner

Change
what you can.

Tolerate
what you must.

Manage the rest.

Walk ...
don't jump ...
to conclusions.

When agitated:

1. Pause

2. Think

3. Choose Impact

4. Act

YOU ARE WHO
YOU ARE ...

Accept it!

Own it!

**Make the very
best of it!**

**Love more,
kvetch less!**

Identify your
challenges,
take action,
solve the
problems!

(Complaining
probably won't help!)

Sometimes
the best thing
to do
is to not make
it worse.

Make your
choices based on
the outcomes
(emotional and
otherwise)
you most desire.

Need something
to do?

Count your
blessings!

Feel gratitude.
Express gratitude.
Appreciate the
good stuff.

It's not about
what you did
yesterday.

It's about what
you do today!

Honesty is the
very best policy.

That way,
you don't have to
remember what
is was that you
said!

Don't mistake
molehills for
mountains.

If worrying isn't
helping ...
then take a
different
approach!

Forget the
regrets!

All humans make
mistakes.

Forgive yourself
and be your “best
self” right now.

Remember and
honor your
positive past.

Recall those
memories that
make you smile
and bring you joy.

Facts are facts.
Opinions are
opinions.
Don't confuse
the two.

More facts=
Better beliefs!

Some of your
biggest
problems
just might be
imaginary.

Angry?

Count to
twenty, slowly.
Still angry?

Do it again!

Positive
expectations
just might
skew the odds
in your favor!

