

Living Life Richer

For use with *Living Life Richer, Fact Sheet* MF2932 and *Living Life Richer, Leader's Guide* MF2933, August 2010

Living Life Richer Statements

- ❖ Listen better. Interrupt less.
- ❖ Don't buy what you don't need or does not bring you lasting pleasure or peace.
- ❖ Live within your means.
- ❖ Eat right.
- ❖ Try something new.
- ❖ Nurture your creative spirit. Draw, write, act, sew, do woodcraft, knit, build, plant, explore, create.
- ❖ Surround yourself with people, events, places, music, art, books, and media that make you feel good about yourself and positive about the world.
- ❖ Volunteer.
- ❖ Smile for no reason
- ❖ Engage in physical activity.
- ❖ Explore and practice new ways to discover the positive side of life.
- ❖ Take time – for family, friends, self-renewal, neighbors, community.
- ❖ Complain less and help more.
- ❖ Wave to people you don't know.
- ❖ Sing out loud.
- ❖ Dance for the fun of it.
- ❖ Pause. Reflect. Discover.
- ❖ Identify and adhere to a personal high standard of ethics.
- ❖ Take care of your body (hearing protection, sunscreen, regular physicals, medications if needed, good nutrition).
- ❖ Challenge your mind.
- ❖ Read to a child or elderly person.
- ❖ Read.
- ❖ Plant — flowers, vegetables, trees, fruit, grass tough enough for children to play on.
- ❖ Conserve and protect the environment.
- ❖ Keep in touch with those who help you be your best self.
- ❖ Respect and Honor — your parents, your children, those who serve in all protective services (for example, military, law enforcement, firefighters), your city, state, and country, yourself, others with whom you interact.
- ❖ Be trustworthy.
- ❖ Support what you believe in.
- ❖ Swing.
- ❖ Have a pet — if doing so helps you de-stress.
- ❖ Meditate. Become comfortable with quiet.
- ❖ Sit along the shore of a lake, pond, river or other body of water.
- ❖ Study the sky at different times of the day and night.

Benjamin Franklin quotes to use when discussing finances

“A penny saved is a penny earned.”

“Savings is a virtue, especially in ancestors.”

“The use of money is all the advantage there is in having it.”

“A house is not a home unless it contains food and fire for the mind as well as the body.”

“Beware of little expenses. A small leak will sink a great ship.”

“Buy what thou has no need of and thou shall sell thy necessities.”

“Gain may be temporary and uncertain; but ever while you live, expense is constant and certain: and it is easier to build two chimneys than to keep one in fuel.”

Erma Bombeck Quotes

“Before you try to keep up with the Joneses, be sure they are not trying to keep up with you.”

“No one ever died from sleeping in an unmade bed. I have known mothers who remake the bed after their children do it because there is a wrinkle in the spread or the blanket is crooked. This is sick.”

“There is a thin line that separates laughter and pain, comedy and tragedy, humor and hurt.”

“When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, ‘I used everything you gave me.’”



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