

Ruth's Guide to Living for Our Children

Dear Danelle, Ryan, and Kristen,

About a year ago I made a list of guidelines to getting along in life. I don't remember who I wrote them for but I suspect one of the three of you was asking about having friends. The list was put away and never shared. While cleaning our room I discovered my guidelines and reread them. Surprisingly I found them to be pretty good and relevant to our life today. So here they are - I hope you find them helpful and will try a few out.

Be positive - It is as easy to find the good as the bad.

Say kind things to others.

Be thoughtful of others feelings.

Try to help at least two people per day - even if it is something so simple as drying a dish.

Give your friend the biggest piece of chocolate cake, cookies, etc.

Treat people like you want to be treated, ESPECIALLY family members - they will be the most important people in your life.

Work through problems instead of stomping off or being angry.

Take time to listen to each other.

Treat your friend/family as though he/she is the most important person in the world.

Do one nice thing for someone every day.

Offer help without being asked.

Volunteer yourself and your time.

Before asking a question of someone see if you can find the answer.

Get ready for school or work the night before - clothes, homework paperwork, attitude.

Your thoughts determine how you feel. You can choose to change your thoughts.

Be flexible with every situation and be willing to compromise.

Choose to have loving feelings towards your Mother, Father, Brother, Sister.

Keep your room tidy - you will feel better about yourself.

Pick up and put away your belongings - especially your shoes.

Open your curtains every day - the light will make you feel better and keep mould away.

Do one outside chore every day - you have an obligation to keep the earth tidy.

Yell at another person only if in warning - fire, earthquake, flood.

It is ok to say you are sorry. It does not make you less of a person. Respect comes with admitting mistakes.

Treat animals with kindness and compassion - they are no less than you in the scheme of life.

Avoid saying things, making noises or behaviors that provoke others to anger.

Avoid challenging words or behaviors - have compassion - we are all doing the best that we can.

Avoid saying things that will make another feel bad about themselves.

All behaviors do not need to be analysed.

Be tolerant of others- you may not always be Mr/Ms wonderful.

Focus attention on others - not yourself - the attention and respect will always come back to you.

Take time to smell the flowers, watch the birds, feel the grass.

Treat your friends as though you believe their opinions are important - they are.

The MOST important thing in life is relationships

You are responsible for yourself.

Avoid negative people.

Use language that shows respect for yourself and others.

Be tolerant towards others disabilities - be happy to repeat if someone doesn't hear or understand.

Tell your family members you love them every day by actions and words.

Love,
Mom