

# Food

## FOR THOUGHT

### *Thirty Ideas for the New Year*

- 1 It's better to bite your tongue than eat your words.
- 2 Some people grow old before they age.
- 3 Weighing yourself often doesn't make you lose weight.
- 4 A great reputation is earned every day.
- 5 When kids are ready to talk, be ready to listen.
- 6 For many people, tomorrow is the busiest day of the week.
- 7 Throw away the bad experience, but save the lesson.
- 8 Learn how to take a five-minute vacation.
- 9 A promise should be as binding as a contract.
- 10 You may not have the control to lengthen your life, but you can do much to deepen it.
- 11 It's better to wear out than rust out.
- 12 Instead of complaining there's no wind, get out your oars and row.
- 13 Don't expect people to look up to you if you look down on them.
- 14 The two greatest time savers are saying, "I don't know" and "I was wrong."
- 15 Shop for value not price.
- 16 The best way to know where your kids are is to invite their friends over.
- 17 One man's vacation spot is another man's home.
- 18 Never stop courting your spouse.
- 19 Closing your eyes to problems doesn't make them disappear.
- 20 Don't worry about things that you can't do anything about.
- 21 Poor planning on your part shouldn't constitute an emergency for others.
- 22 The race isn't over till everyone crosses the finish line.
- 23 If at first you don't succeed, you're running about average.
- 24 One win doesn't constitute a winning streak.
- 25 A gravesite is the last place you should tell someone how much you care.
- 26 When you compete with yourself, you both win.
- 27 Where you've come from is less important than where you're going.
- 28 Question the person who has answers for everything.
- 29 Behind every good kid are parents who understand the importance of raising him or her that way.
- 30 Life is filled with "up's and down's," so make the most of the "in between's."

These thirty ideas were excerpted from, *It's the Thought That Counts: Over 500 Thought-Provoking Lessons to Inspire a Richer Life* by Frank K. Sonnenberg and Alan D. Hembrough. © 2001 Frank K. Sonnenberg. All rights reserved.

