

Richard Gee

From: Phil Evans [peoplemail@peoplestuff.com.au]
Sent: Sunday, 16 March 2008 11:46 p.m.
To: richard@geewiz.co.nz
Subject: PeoplEmail from Phil



Hi there Richard,

Welcome to this week's PeoplEmail

The Optimist Creed was authored in 1912 by Chistian D. Larson, appearing in his book Your Forces and How to Use Them. Many have found inspiration in The Optimist Creed. In hospitals, the creed has been used to help patients recover from illness. In locker rooms, coaches have used it to motivate their players.

As all change begins within, this is as good a recipe for living a good life as any I've seen:

The Optimist Creed

I Promise Myself

To be strong enough that nothing can disturb my peace of mind.
To talk health, happiness, and prosperity to every person I meet.
To make all my friends feel that there is something worthwhile in them.
To look at the sunny of side of everything and make my optimism come true.
To think only of the best, to work only for the best, and to expect only the best.
To be just as enthusiastic about the success of others as I am about my own.
To forget the mistakes of the past and press on to the greater achievements of the future.
To wear a cheerful expression at all times and give a smile to every living creature I meet.
To give so much time to improving myself that I have no time to criticize others.
To be too calm for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.
To think well of myself and to proclaim this fact to the world, not in loud words, but in great deeds.
To live in the faith that the whole world is on my side, so long as I am true to the best that is in me!

Christian D Larson

Press Release: To Whom It May Concern!

I will be conducting two dynamic presentations in **Coffs Harbour** this Tuesday morning!

The first, **Unblock Your Cashflow!**, will be given at a Breakfast at the Ex Services Club, Cnr Vernon Street and Pacific Highway Coffs Harbour, at 7am. And the second is a workshop, **The Art of Being You!**, and will be run after the breakfast meeting at the same venue.

For details and further information, please ring Jackie Parkinson, Marketing Coordinator for Enterprise and Training Company Ltd (ETC Ltd), 80 Grafton Street Coffs Harbour, on 02 6648 3964, or 0427 042 012.

Have a great week of being good to yourself, and to others, and I'll be with you again next week.

Remember: "What others do or say is their stuff; how we react, or not, is our stuff"!
And: "True Happiness in life isn't having what you want, but wanting what you have"!

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