

D E N I S W A I T L E Y

How To Gain a Lifetime of
Wisdom While You're Young
Enough To Enjoy It!

The
Seven
SACRED
Truths

N I G H T I N G A L E - C O N A N T



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Continue the journey with us by contributing your own Seven Sacred Truths. Your contribution may be included in a future version of *The Seven Sacred Truths!* To make your thoughts known, please visit our special web page at:

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INTRODUCTION

The men and women of our oldest generation can teach us valuable, life-changing lessons, if only we will stop and listen. If only we are willing to learn.

Sometimes called the "greatest" generation, they were born at the dawn of the amazing 20th century. In their lives, they have experienced and triumphed over a crippling economic crisis, the Great Depression, and survived the most horrific conflict in mankind's history, World War II.

They have witnessed technological marvels — men walking on the moon! — to the extent that fantastic scientific wonders are now commonplace. They have seen the definitions of family and faith shift in unexpected ways. They have observed the fundamentals of the great American experiment continually tested and constantly endure.

*The lessons of these remarkable men and women — now in their 70s, 80s, and beyond — are what *The Seven Sacred Truths* is all about. The purpose of this program is to bridge the too-frequent gaps between youthful impatience and the self-possession brought by advancing age, between the idealism of inexperienced youth and the wisdom gained by long years of sometimes-tough living.*

I asked many of these men and women this simple yet exceedingly profound question: What are the seven most important lessons you've learned over the course of your life? I am honored and humbled that so many responded, that so many honestly revealed what they feel to be the most essential truths to pass on to subsequent generations.

Some of their responses are found in these pages, as are a series of questions designed to provoke self-assessment. These questions focus on the seven sacred truths our eldest generation time and again identified as most key. Their purpose is to help you begin to determine what role these truths currently play in your life — and how they can impact it even more deeply in the future.

Remember: There are no right and wrong answers. Your responses will not be judged. Whatever you answer here is for your eyes alone. It is only when you are honest, only when you look deep into your own heart, that you can accurately assess where you are now and how best to go about eventually arriving at your desired destination.

After completing this program and workbook, I hope you'll seek to strengthen bonds you may have with members of our oldest generation. I hope you'll seek their counsel and wisdom. I hope you'll undertake to learn the details of their lives. Do not miss the opportunity to hear these extraordinary voices before they fade away.



Donald L. Watley

HEALTH

THE FIRST SACRED TRUTH:

Life is a loan, not a gift. It is offered to each of us as faithful caretakers with no guarantees on health or safe passage. Since we have not the power to predict the length of the journey, we — ourselves — must ensure and inspire it with quality and meaning.

Like it or not, your body is yours for the duration. If you care about your life, take care of your body. It is the transport vehicle for your journey. Very much like a car, without proper fuel and maintenance, your body will fall apart.

Good health does not just mean an absence of illness. It is a state of mind and heart as well as body. It is being able to enjoy each day to the fullest, making the best of what happens — and accepting what does happen with a measure of grace. It is a day-to-day, moment-by-moment process that includes diet and exercise, but also requires the avoidance of stress and negative emotions.

According to the Mayo Clinic, your state of mind may grant you an additional 12 years of life. Men and women who live to ripe old ages often indicate they are optimists. They maintain positive outlooks on life. They have friends they're in contact with, and hobbies or interests that bring them pleasure. They are quick to laughter and slow to anger.

To be sure, optimism does not mean these people are unrealistic. They have seen too much in their lives for that. And optimism does not mean they're counting on immortality. They know even optimists inevitably get old, ultimately grow frail or fall ill. But what happens eventually to the body need not also happen to the heart and mind.

You can and should — and *must* — do everything possible to maintain good health for as long as possible, but when negative changes do occur, do not greet them with equally negative judgments. Do not enter into despair. Do not suddenly forget all you have learned about living with an optimistic, positive attitude.

The abilities to laugh and to love do not disappear with an unsettling diagnosis. The enjoyment of life's beauties, amusements, and quirks do not dissolve. The pleasures available to you still abound.

3) Do you or have you ever smoked? What is your weekly intake of alcohol? How much sugar or junk food do you consume? Does any of this need to be adjusted? What goals can you set in this area?

4) How much exercise do you get each week? What form does it take? Do you feel it is enough? What obstacles do you face in getting the proper amount of exercise? How can you overcome them? What goals can you set in this area?

5) Are you an optimist or a pessimist? Why do you think this is? What are the obstacles you face for being a more optimistic person? How can you overcome these obstacles?



6) How do you deal with stress? How might you improve in this area?

7) Discuss your ability to laugh — at yourself and at the problems that sometimes crop in your life. How might you improve in this area?

1. APPRECIATE GOOD HEALTH AND ACCEPT IT WHEN IT BEGINS TO DIMINISH
2. VALUE A GOOD APPETITE AND GOOD FOOD — AND GOOD FRIENDS TO ENJOY THEM WITH
3. RECOGNIZE THE LOVE YOU RECEIVE FROM YOUR CHILDREN
4. ALLOW ANIMALS TO TEACH YOU LESSONS ABOUT LOVE AND COMPANIONSHIP
5. TREASURE THE AMAZING ADVANCES YOU SEE IN YOUR LIFE
6. BELIEVE IN THE POWER OF GOD
7. RESPECT THE WONDERS OF NATURE

— Juline Pioch
81 years old
housewife



WEALTH

THE SECOND SACRED TRUTH:

If you invest your money, over time, and make it your slave, and if you provide services that save other people money and time, you will have an abundance of money and time to enjoy it, never becoming a slave to money or time.



What does wealth really mean? It is more than accumulation; it is also sharing the best of everything you've accomplished. It is self-reliance and individualism, freedom and independence. It is embracing money as a positive thing, rejecting the idea that poverty is somehow noble. It is rediscovering your core passions and risking the pursuit of your dreams.

The oldest Americans can teach us many things about wealth. Perhaps the most important is this: you are your best social security. They also teach us to hope for the best, prepare for the worst, and get ready for surprises. They teach us to embrace their belief that if you can't afford something, you don't buy it. They teach us to reject credit debt.

The following are seven trends that will definitely help create the next wave of wealth. Are you ready to be the entrepreneurs of the future, mirroring the success of the trailblazing entrepreneurs of the past?

- * Computer literacy will spell impoverishment for millions of once-skilled workers — you must either stay up to date or prepare to fall behind.
- * Say goodbye to full-time, permanent jobs — as businesses strive to become more profitable and efficient, outsourcing will be their guiding light.
- * Interactive telecommunication will transform the world — by linking buyers, sellers, vendors, and suppliers, power will be redistributed in an incredible way.
- * Digital photography will replace film — and wireless, hand-held devices will stream audio, video, and data in real time.
- * Home-based businesses will outpace fixed-base franchises — flexibility and affordability will power businesses not restrained by geographic concerns.
- * Virtual offices will reign supreme — employees will no longer have work *places*, they will have work *spaces*, reducing overhead and turnover.
- * Nutrition and fitness industries will boom — medicine will shift from preventing and curing infectious diseases to stopping degenerative diseases like cancer.

4) What risks have you taken recently? How do you feel about risk taking? What emotions do you attach to risk? Examine those emotions — what do they mean?

1. LOVE ALL PEOPLE FOR WHAT THEY ARE; DON'T TRY TO MAKE THEM WHAT YOU WANT THEM TO BE
2. DON'T JUDGE UNTIL YOU KNOW
3. DON'T BE AFRAID TO TRY NEW THINGS
4. DON'T LOOK AT THINGS AS PROBLEMS, BUT AS CHALLENGES
5. THERE IS ALWAYS SOMETHING NEW TO LEARN
6. REALLY LISTEN AND MAYBE YOU'LL UNDERSTAND THE OTHER PERSON'S POINT OF VIEW
7. SHARE TALENTS, KNOWLEDGE, AND EXPERIENCES WITH OTHERS SO THEY CAN LEARN FROM YOU

— Helen Taylor
70 years old
manager, life insurance company

WISDOM

THE THIRD SACRED TRUTH:

Wisdom is seeing from within. It is not what happens that really counts, it is how we take it and what we make of it. Life is not a treasure hunt. All we can accumulate that is lasting is the love and goodwill of others. Wisdom is sharing what we have learned and earned, and planting shade trees for those that follow, under which, we ourselves may never sit. The secret is to turn a life of collection into a life of celebration.

Wisdom gives meaning to all our pursuits. True wisdom transcends nationality or career or financial standing. It is an inner journey. For wisdom — true wisdom — can be summed up in just two words: Know thyself.

Gaining wisdom isn't necessarily easy. Self-knowledge isn't a simple pursuit. The speed of today's world often gets in the way of knowing our true selves. When we spend so much time just keeping up in this world, who has time to explore the deepest part of ourselves, to discover what we *really* know?

That makes the wisdom passed down to us by our elders even more valuable. If we're struggling to know ourselves, we should pay even greater attention to the wisdom of those who have already succeeded in that struggle.

One of the most important things we will learn from the oldest generation is that we can and must realize that how we experience the world is entirely up to us. Our reactions to events are within our control. Will we become angry? Frustrated? Hopeless? That's entirely up to us.

At the heart of learning how to react in a healthy way — of gaining our elders' wisdom — is understanding that there are only a certain number of things we, individually, can actually control. Among them are:

- * Your concerns and worries, and the actions you'll take on them
- * How much time and energy you give to the tasks you undertake
- * What you do with your free time
- * Your commitments to yourself and other people
- * The people you choose to look up to
- * The causes to which you give time, ideas, and financial support
- * What you say and what you choose not to say
- * Your responses to difficult times and difficult people

2) List 3 pieces of advice an elder has shared with you. Did you take that advice? Why or why not? How did you feel about them offering advice? Can you explain your reaction? In retrospect, was their advice correct?

3) How do you usually react to unexpected events? Do you face them calmly or with anger? Do they frustrate you or make you sad? What can you do to make your reactions and responses more positive and consistent?

4) Would you like to be married to someone like yourself? What would the positive aspects be? The negative? Could that marriage survive?

4) (continued)

5) If there were time and resources enough to invest in yourself, what things about you and the circumstances of your life would you change?

6) What are the big questions —about yourself and about life — you would like to have answered *definitively* before you die? How likely are you to find those answers? Can you deal with the fact you may never learn these answers?

6) (continued)

1. BELIEVE IN YOURSELF
2. LISTEN AND UNDERSTAND
3. PRACTICE PATIENCE
4. STICK TO YOUR RELIGIOUS BELIEFS
5. FRIENDS ARE A MUST
6. SHARE
7. LIFE IS WHAT YOU MAKE IT

— William and Dorothy Kuenstle
73 and 70 years old
retired postal worker,
ex-navy seabee/homemaker

1. BE PATIENT
2. IN MARRIAGE, HAVE STICK-TO-IT-IVENESS
3. YOU MUST BE ABLE TO LAUGH
4. OVERLOOK A LOT OF THINGS
5. COMMUNICATE
6. NEVER GO TO BED ANGRY WITH YOUR PARTNER
7. LOVE LIFE AND LET GOD BE THE JUDGE OF OTHERS

— Lorna Roberts
71 years old

MARRIAGE & FAMILY

THE FOURTH SACRED TRUTH:

To love is to appreciate and accept each other, unconditionally, forgiving the blemishes, reinforcing the blessings, and looking in the same direction together from different perspectives.

For richer and for poorer, in sickness and in health. Marriage is an exchange of vows in which each party agrees to honor, cherish, and be a person of trust — in spite of all circumstances that can and will arise during the relationship. This is a tall order, especially in an age when it seems easier to walk away when trouble comes along.

Most people don't realize how strongly we're pulled to recreate where we came from. Therefore, our relationships — including our marriages — mirror those that surrounded us as we grew up. By maintaining ties with the older generation, we can choose to emulate what was good and change what wasn't. We can create some real continuity in this otherwise disposable world — continuity of family and extended-family relationships so important to marital happiness and success.

At the heart of successful marriages and loving families is forgiveness, cherishing your blessings, and the daily practice of unconditional love.

Elders whose marriages have endured 40, 50, even 60 years frequently credit forgiveness as the key element in their successful unions. Complete forgiveness is the only way to shift focus and responsibility from the other person to yourself. It is the only way to change from wanting the right person to wanting to be the right person instead. "It's not a game," one long-married woman advised, "so don't keep score."

The older generation can play an important role in helping raise kids too. As a rich resource of experience and information, they are reliable veterans, people who can be counted on to provide common sense. Elders can also transport kids to fascinating places and times simply by talking about their own lives. They are our oral historians, our educators, and our living past.

Helping an older person with a simple task teaches kindness and patience. Our elders give us lessons in endurance and faith. Finally, the oldest generation benefits us and our children by demonstrating with grace and calm what it's like to be at the far end of life's path.

Whether you are a spouse, parent or child, the message is the same: Treat the persons you love with the same respect you expect from them. The Golden Rule isn't called "golden" for no reason. It's real and it works.

1. HOLD YOUR FAMILY TOGETHER
2. KEEP YOUR FAMILY COMMUNICATING, EVEN WHEN THEY DISAGREE
3. HAVE FAITH IN A GREATER, STRONGER SPIRITUAL BEING
4. BELIEVE THAT THE EXPERIENCE OF FAILURE CAN MAKE YOU GRATEFUL
5. BE AS KIND AS YOU CAN TO EVERYONE
6. HANG ON TO YOUR CREATIVITY FOR DEAR LIFE
7. UNDERSTAND THAT EVERYTHING YOU DO BECOMES A HABIT

— Pat Nelson
88 years old
farmer's wife

Answer the following questions as honestly and completely as possible. There are no right or wrong answers. Use a separate sheet of paper if you need more space.

1) What is the state of your marriage (or other personal relationship or partnership)? What are its strengths? Its weaknesses? What can you do to make the necessary repairs? Have you discussed these weaknesses, if any, with your partner? What was that experience like? How did it make you feel?

2) Do you have the kind of family life you consider ideal? (Include your siblings, parents, and extended-family members when answering this, as well as your spouse and children.) What makes it ideal? What causes it to fall short?

3) How forgiving are you? Do you find it easy to forgive someone? Difficult? Impossible? Of course, it depends on the particular situation, but in general, is forgiveness one of your strengths?

1. ALWAYS SAY "YES" TO YOUR WIFE!
2. KEEP YOURSELF YOUNG, BUT DON'T SHOW OFF TOO MUCH FOR YOUR GRANDCHILDREN
3. NUMBERS DON'T NECESSARILY MEAN ANYTHING
4. ALWAYS SMILE, NO MATTER WHAT!
5. ALWAYS GO TO CHURCH ON SUNDAY
6. ALWAYS PLAY FAIR WITH YOUR GRANDKIDS, NEVER PICKING FAVORITES
7. DO YOUR OWN THING AND YOU'LL NEVER HAVE ANY REGRETS

— Earl Roberts
71 years old
postal worker

FRIENDSHIP

THE FIFTH SACRED TRUTH:

Our mission is to complete the arc of our life's circle. Our goal is to regain the joy of shared enthusiasm that marked our youth, but is tempered by the wisdom of experience over time. To face the world with the wide-eyed wonder of a school-child and the "wink of understanding" of a teacher.

As we grow and change, our friendships change. Close relationships mean different things to us at different times in our lives. Although few friends remain over the complete course of a lifetime and some friendships are cut short by misunderstanding, mismanagement or death, having them for whatever time period is still a deeply rich experience.

Openness, spontaneity, and an enthusiastic sense of adventure mark childhood friendships. Through them we learn to share, compromise, manage conflict, be flexible, take personal responsibility, and be kind. In one form or another, these are the themes and life lessons we continue to struggle with and try to master for the rest of our lives.

As we leave childhood, our friendships change. They become more like mirrors, revealing who we are and, perhaps, who we want to be. But as adults, things change. Our friendships are different. The demands of our lives, requiring so much emotional and physical energy, may mean our friendships fall into disrepair. Competition, jealousy, and insecurity often complicate adult friendships, too. We worry how we stack up compared to our peers.

During the final chapter of our lives, however, things change once again. Openness and enthusiasm for friendships return. They come complete with the knowledge that someone will be there for us no matter what. As one elderly man stated, "Paradise is knowing your friends are never going to leave, that the party is never going to end." Even death cannot end these friendships. "They didn't leave," the gentleman said, speaking of his deceased cronies. "They were taken away. And that's very different." As, indeed, it is.

In the final years of our lives — as seasoned adults with wisdom and lifetimes of experience behind us — the distinctions between family and friendship blur, often disappearing completely. We come full circle, back to the delight that marked childhood friendships. A true friend, we discover, is someone we can trust with our lives. Someone who accepts us as we are, with all our strengths and weaknesses. With whom we can speak in confidence, who will not betray us. We might see them every day or every few years — but a friend is the person we can call in the middle of the night and know they'll be there for us.

1. REMEMBER THE GOLDEN RULE AND PRACTICE IT
2. RESPECT YOUR PARENTS
3. BE HONEST WITH OTHERS AND YOURSELF
4. PLAY FAIR
5. HAVE A DREAM
6. BE PERSISTENT
7. UNDERSTAND DELAYED GRATIFICATION

— Harold A. Morlock
80 years old
high school teacher

Answer the following questions as honestly and completely as possible. There are no right or wrong answers. Use a separate sheet of paper if you need more space.

1) Who was your first “best friend”? Reminisce about that friendship. What made it so great? How did it make you feel? What were its strong points? Where is that friend now?

2) Name at least 3 people who at this moment you can honestly say are your good friends. What makes them your friends? If you can't name at least 3, why can't you? What might be holding you back from developing meaningful friendships?

3) Name at least 3 people who would probably list you as *their* good friend. What do you feel you give to them? If you can't name at least 3, why can't you? What can you do to change this? Do you want to change this?

4) Discuss the circumstance under which, as an adult, you lost a good friendship. Was it something you did? They did? Could it have been avoided? Do you feel any regret? Can this friendship be reestablished? What can you do to make sure it doesn't happen with another friend?

1. BE THERE FOR YOUR CHILDREN
2. FIND A GREAT BOSS OR MENTOR AND LEARN FROM HIM OR HER
3. FIND AN INTEREST, HOBBY OR TEAM, AND SUPPORT IT PASSIONATELY
4. BE A GOOD NEIGHBOR AND FRIEND IN ORDER TO HAVE A GOOD NEIGHBOR AND FRIEND
5. FAMILY AND RELATIVES WILL BE YOUR GREATEST SUPPORT SYSTEM
6. LAUGHTER AND EXERCISE ARE THE BEST MEDICINES
7. BE WISE ENOUGH TO TURN THE OTHER CHEEK

— Michael V. Deane
75 years old
tax specialist

MORTALITY

THE SIXTH SACRED TRUTH:

Make the most of every moment, whatever that moment might bring. The past is gone forever, don't live there. Cherish your memories each day. The future is unknown, so don't live there either. Dream of light, not darkness, each day. Live in the present moment, the only moment over which you have any control. Now, and it's history. Now, and it's over.

For many people, death and mortality are not subjects that are easily talked about. However, they cannot be ignored. Of the approximately 15 billion human beings who have walked this earth since the dawn of man, no one has not experienced death.

Death is a natural part of life. Mortality is simply an aspect of being human. But if it's natural, why do we fear it so?

In fact, many elderly people do not fear it. They have gained a remarkable level of acceptance, punctuated by calm and grace. They have developed an understanding through the years of their long lives that, as the Old Testament says, "To every thing there is a season: a time to be born, and a time to die."

If, then, the oldest generation does not fear death, is it the younger generations powering the drive to avoid mortality at all costs? To avoid even speaking of life's end? If so, we must ask ourselves: Does our desire to avoid the subject mean we lose the views on death of those who will most probably die before us? Who have had longer to form an opinion? Who have come to grips with their mortality?

It is puzzling to see the amount of effort our society puts into prolonging life, when we really ought to give at least as much thought to using the life we have more passionately. If we accept the fact we don't want to die, we'd better ask ourselves why we want to live — and why we aren't doing more of it.

Don't wait until you're in your 80s to identify the things you want to live for. Stay young by remaining curious and spontaneous. Attempt to maintain your joy in just being alive. Get in touch with that time in your life before you learned how serious life is. Take a playful approach to living.

Too many people stop learning at some point in their lives. Maybe they've decided they know all they need to know. Whatever the reason, we must push past that belief and continue

4) If you were told you had one year to live and that in those 12 months you would have relatively good health, what would you do? Why aren't you doing those things now?

1. LOVE GOD
2. ACCEPT THE UNCERTAINTY OF TOMORROW
3. BE TRUTHFUL IN ALL RELATIONSHIPS
4. LOVE ALL THE PEOPLE IN YOUR LIFE AND ENJOY CHARITY, WHICH IS
SYNONYMOUS WITH LOVE
5. INVEST ALL SOCIAL AND ECONOMIC TRANSACTIONS WITH HONESTY
6. COMPROMISE ACTIONS OR OPINIONS, BUT NEVER COMPROMISE PRINCIPLES
7. STRIVE FOR JUSTICE, WHICH IS A BLENDING OF THE FIRST SIX LESSONS

— John Hogan
84 years old
retired judge

SPIRITUALITY

THE SEVENTH SACRED TRUTH:

Spirituality is moving from selfishness to stewardship, from hubris to humility, from 'getting things' to 'giving thanks' and sitting quietly, listening, seeing, touching, and sensing the beauty that no man nor woman has ever created.

Spirituality can be viewed in two different ways: from the standpoint of organized, church- or synagogue-based religion and from one of a more personal path.

We all acknowledge a belief in something intangible, something that exists on a different level of reality, a higher power. Whether it actually exists is a moot point; our belief in it is what's key. In the same way that the nature of God is ultimately unknown, the power and nature of faith is also a mystery. In the face of these mysteries, we must acknowledge our humility. And, as an act, humility is both liberating and instructive.

Our oldest generation was raised with religious traditions. The rituals of organized religion — communions, weddings, christenings — created touchstones these men and women returned to again and again through their lives. They are the foundations of their lives, their signposts, their memories.

These rituals, and faith itself, can actually affect the body as much as the soul. Scientific experiments have shown prayer reduces blood pressure, fights depression, and even lowers the rate of cardiovascular disease.

But spirituality goes beyond the doors of the church, synagogue, or other place of worship. It is also defined by very personal, less formal ways in which to connect with a higher power. This everyday spirituality can be expressed through:

- * **CREATIVITY** — Deepening our experience of the world, creativity is a life-affirming process, whether it is participating in creation or appreciating the creations of others.
- * **GRATITUDE** — By adjusting our expectations to reflect a more humble perspective of our place in the world, gratitude helps every moment of joy seem like an unexpected gift.
- * **DOING GOOD WORKS** — Covering a broad range of actions that result in greater human connection and kindness, good works help us transcend our emotional ups and downs.

2) In terms of spirituality, name at least 5 things you believe with all your heart (even though you may not be able to explain them).

3) What were your childhood experiences with religion and spirituality? Did you receive religious training? To what extent were your parents spiritual people? How many of your spiritual beliefs today are those held by your parents? How do they differ?

4) Do you consider yourself a creative person? What are your talents? What arts or other forms of creative expression speak to you most deeply? If your answer is none, why do you think that is? What can you do to bring more creativity into your life?

7) How connected to Nature are you? What are your favorite spots in Nature? How often do you visit them? When you are there, how do you feel? Can you describe the spiritual lift these natural sites give you?

- 1. PRAY ALWAYS
- 2. LOOK ON THE BRIGHT SIDE WHENEVER POSSIBLE
- 3. MAKE FRIENDS AND BE A GOOD FRIEND
- 4. BE CAREFUL WITH MONEY; SAVE FOR A RAINY DAY
- 5. GET AS MUCH EDUCATION AS POSSIBLE
- 6. DON'T BE LAZY OR WASTE TIME
- 7. PLAN YOUR FUTURE, HOPEFULLY BY THE 8TH GRADE

— Virginia E. Hogan
88 years old
retired elementary school teacher

SEVEN PRACTICAL SUGGESTIONS

The seven sacred truths become even more valuable when you put them into action. The following are seven practical suggestions for transforming them into tangible benefits for you and those closest to you.

- 1) VIEW EACH DAY, EACH MONTH, AND EACH YEAR AS A PROCESS OF DISCOVERING AND BUILDING UPON YOUR SACRED TRUTHS — NOT SIMPLY AS OPPORTUNITIES FOR GETTING AND SPENDING.
- 2) LOOK AT SETBACKS FROM THE SHORT VIEW AND AT FAILURE AS JUST AN OBSTACLE OR DELAY — THEY ARE NOT DEFEATS OR DEAD-END STREETS.
- 3) KEEP TRACK OF WHERE YOU ARE ON LIFE'S PATH — BY CREATING A CLEARLY DEFINED VISION OF WHERE YOU ARE HEADED AND BY SETTING SPECIFIC GOALS, YOU WILL ARRIVE AT THAT PLACE.
- 4) REALIZE THAT PURPOSE IS THE ENGINE THAT POWERS YOUR LIFE — IT WILL DETERMINE HOW YOU MAKE USE OF YOUR TIME.
- 5) UNDERSTAND THAT PERSEVERANCE IS THE MAJOR REASON PEOPLE FEEL REGRET AT THE END OF THEIR LIVES — DO THE TOUGH THINGS FIRST AND LOOK DOWNSTREAM FOR GRATIFICATION AND REWARDS.
- 6) BE MINDFUL OF THE FACT THAT SUCCESS AND FULFILLMENT ARE SEQUENCED IN TIME — EVERYTHING IN LIFE CAN BE BROKEN DOWN INTO PHASES.
- 7) DEVELOP AND EXPRESS THE TALENTS AND GIFTS YOU BROUGHT INTO THIS WORLD — YOU LITERALLY CANNOT FAIL TO FIND HAPPINESS AND FULFILLMENT.

As we conclude *The Seven Sacred Truths*, please remember this:

If you develop and express the talents and gifts you brought into the world, you literally cannot fail to find happiness and fulfillment.

At the moment of your conception, you were given uncut gemstones of priceless value in the form of natural gifts. These gifts make you unique among all humans who have ever lived, or who will ever live after you. These gifts, these gemstones, are waiting for you to cut and polish them with your potential, effort, and experience.

The crown jewels of your life await you.

1. LOVE AND RESPECT YOUR FAMILY AND ENJOY THE LOVE AND RESPECT YOU RECEIVE FROM THEM
2. APPRECIATE GOOD HEALTH WHEN YOU HAVE IT
3. ENJOY THE COMPANIONSHIP OF FRIENDS
4. BE GRATEFUL IF YOU DON'T HAVE MONEY PROBLEMS
5. STAY ACTIVE AS LONG AS YOU CAN
6. MAINTAIN A GOOD SENSE OF HUMOR
6. COUNT YOUR BLESSINGS

— Leatrice Burke
77 years old
investment manager

1. REMEMBER THAT YOUR CHILD IS YOURS FOREVER
2. THROW SOMETHING AWAY YOU HAVEN'T USED IN TWO YEARS AND YOU'LL NEED IT IN 26 MONTHS
3. TEENAGERS AREN'T YOUNG ADULTS — THEY'RE BIG CHILDREN
4. DOCTORS TREAT A MAN'S AILMENTS MORE SERIOUSLY THAN A WOMAN'S
5. MOST THINGS YOU WORRY ABOUT WILL NEVER HAPPEN
6. TO MOVE AHEAD ON THE JOB, LEARN ALL YOU CAN ABOUT THE BUSINESS AND WORK HARD (AND HAVE AN UNCLE WHO OWNS THE COMPANY!)
7. YOU GET TOO SOON OLD AND TOO LATE SMART

— Mr. and Mrs. Dale W. Anderson
74 and 71 years old
insurance administrator/ homemaker