

JULIE ANN SULLIVAN

GOOD HEARTED LIVING

Mondays are for Compliments: It only takes a second to brighten someone's day. *"A kind word often goes unspoken, and then the chance is lost to change a person's life."*

Tuesdays are for Flexibility: *Having the flexibility to respond to change reveals new paths to explore. "The strong are those who can bend with the wind and not break."*

Wednesdays are for Gratitude: *Awake and be thankful. Open your eyes, your ears and your heart to all that you have. "More Gratitude=Better Attitude"*

Thursdays are for Kindness: *There has never been a random act of kindness that was too small to make a difference. "Being kind is contagious. A small act of kindness can change the world."*

Fridays are for Forgiveness: *The release of anger makes room in your heart for more joy. "Forgiveness is a gift you choose to give yourself. It will set you free."*

Week-ends are for Chocolate: *Remember to balance your life with some sweetness in your day. "You deserve the best, you deserve to rest, treat yourself like a guest."*

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