



Things to Ponder

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Kindness

By Judi Moreo

RANDOM ACTS OF KINDNESS

Make it a habit to say or do things every single day that will make another person feel better. When you walk past someone, smile and pay them a compliment; make a telephone call to say hello to an elderly person or a friend you haven't spoken to in a while; send a card or an email to someone just to let them know you are thinking of them. It's always the right time to do a kind act.

BE KIND TO YOURSELF

Take the time to discover what you love – what makes your heart sing – then do it on a regular basis. It certainly doesn't have to be profound or complicated: Sit under a tree; lie in the grass and watch the clouds; walk on the beach; go to the library; go to the spa; get a massage; take dance lessons; sing in the choir; spend time with your family; spend time alone.

Very often we are much nicer to other people than we are to ourselves. The Bible exhorts us to "love thy neighbor as thyself." It does not say "instead of" thyself. You would never say to your best friend, "You're so stupid. You're so dumb. You could have. You should have." Yet, how many times have you said exactly those things to yourself? Stop it! You are never again to follow the words "*I am*" with a negative word or thought. If you hear yourself doing it, say, "Stop. That's not right." Then say, "I am..." and attach some positive words.

BE THANKFUL FOR YOUR GIFTS

Every night when you lay your head on your pillow, say thank you for at least two things in your life for which you are grateful.

On those sometimes difficult nights – when you are laying there thinking about all the things you didn't get done, you still need to do, you could have said, you shouldn't have said, you don't have, and wish you were – concentrate on two people, traits, or things that happened for which you are grateful. Think about what you DO have instead of what you don't. Focus on what you ARE instead of what you aren't. As Rev. Robert Schuller tells us, "Obstacles are seldom the same size tomorrow as they

are today. Today's responsibilities are tomorrow's possibilities."

Turn your obstacles into stepping stones and your setbacks into opportunities for growth.

(Excerpt from "[You Are More Than Enough](#)," by Judi Moreo)

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