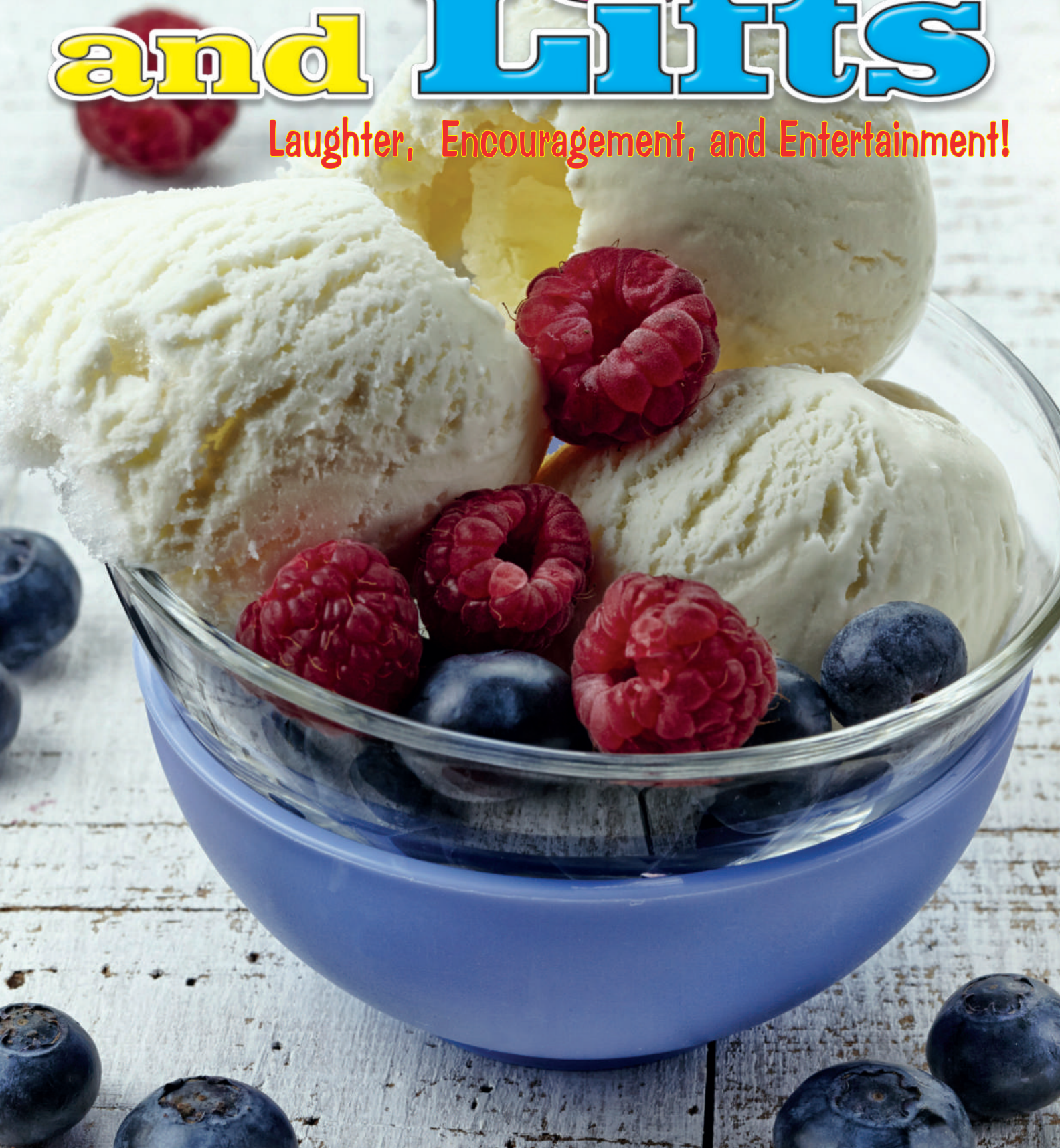


JULY 2015 Issue 84

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Laughter, Encouragement, and Entertainment!



Laughs and Lifts

Family Magazine
A Parrish Publishing Publication

Laughs and Lifts is the most unique and most loved monthly magazine in the Wiregrass. 10,250 magazines are distributed Free in over 200 locations in 7 area counties and online at LaughsandLifts.com

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Laughs & Lifts

Editor
Roger Parrish
P.O. Box 681 Ozark, AL 36361
To Advertise:
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Editorial and Advertising offices:
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Ozark, AL 36360
Roger@LaughsandLifts.com

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- Henry Ford (1863-1947)**

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Missing Husband

A woman reported the disappearance of her husband to the police. The officer in charge looked at the photograph she handed him, questioned her, and then asked if she wished to give her husband any message if they found him.

"Yes," she replied readily. "Tell him, Mother didn't come after all."

My Evil Twin Did It:

Two brothers got into a fight in the front yard of their Orange City, FL., home. One grabbed a brick and threatened to throw it at the other; the other also grabbed a brick. The first, Michael Remelius, allegedly threw his brick, hitting James Remelius in the leg. James allegedly let his fly, and hit Michael in the face. The 52-year-old twins were both charged with aggravated battery with a deadly weapon. Michael's bail was set at \$20,000; James' bail was set at \$25,000, apparently because he had the better aim. (RC/Daytona Beach News-Journal) ...And because mom always liked Michael best.

The dictionary is the only place where success comes before work. ~ Mark Twain

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Behind a Bush

A little girl was in church with her mother when she started feeling ill. "Mommy," she said, "can we leave now?"

"No," her mother replied.

"Well, I think I have to throw up!"

"Then go out the front door and around to the back of the church and throw up behind a bush." After about 60 seconds the little girl returned to her seat.

"Did you throw up?" Mom asked.

"Yes."

"How could you have gone all the way to the back of the church and returned so quickly?"

"I didn't have to go out of the church, Mommy. They have a box next to the front door that says, "For the Sick."

Genealogist

Visiting a genealogist, a man asked how much it would cost to have his family tree traced. "It could cost thousands of dollars," said the woman.

"I see. Well, isn't there an easier way? A less expensive way?" "Sure," she replied. "Run for elected office."

A baby-sitter is a teenager acting like an adult while the adults are out acting like teenagers.

Laughs and Lifts

LaughsandLifts.com

Roger@laughsandlifts.com

Laughs&Lifts are distributed every month in over 200 locations in the Wiregrass Area.

Distributed in restaurants, offices, hair salons, auto repair shops, motels, medical and dental waiting rooms, hospitals, grocery stores and other high traffic businesses. Where ever people wait, eat out or shop.

It is our goal to have a Laughs and Lifts there for them with laughter, entertainment and encouragement.

Information, stories, helpful hints, jokes, studies and all other

miscellaneous writings,

drawings, and pictures are published without malice, but

with the intent to inspire and entertain, not to cause

disillusionment or confusion to anyone; person, party affiliation,

company, Denomination or other named or unnamed

entity. The writings contained within Laughs and Lifts do not

necessarily reflect the views or opinions of the publisher.

Laughs and Lifts is published on or near the first of every month

and is distributed throughout the Wiregrass area of Alabama

and mailed to subscribers anywhere in the world. You can

also read the current edition online at LaughsandLifts.com

While Laughs and Lifts tries very hard to ensure the

accuracy of the information in our clients advertisements and

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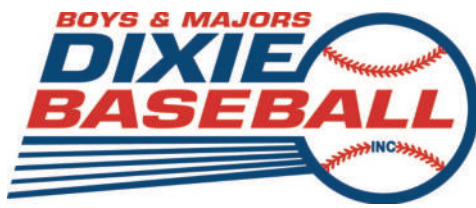
availability, typographic errors or omissions.

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DEAD WHEN
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STOPS, WHY
ARE WE NOT
PRONOUNCED
ALIVE WHEN
OUR HEART
STARTS?



One of the greatest discoveries a man makes, one of his greatest surprises, is to find he can do what he was afraid he couldn't. ~ Henry Ford

**The people
we like the
least may
need our
love the
most.**

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- "Wrinkled Was Not One of the Things I Wanted to Be When I Grew Up"
- "Procrastinate Now."
- "My Dog Can Lick Anyone."
- "I Have a Degree in Liberal Arts - Do You Want Fries With That?"
- "FAILURE IS NOT AN OPTION. It comes bundled with the software."
- "A journey of a thousand miles begins with a cash advance."
- "Time's fun when you're having flies ...Kermit the Frog."

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. - Michael Jordan



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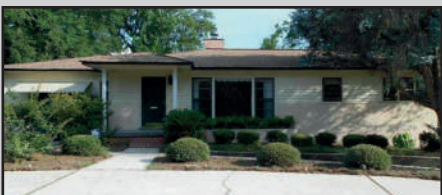
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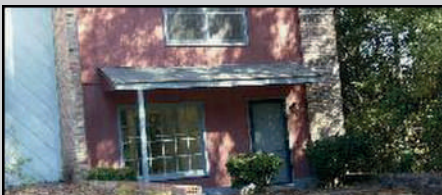
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He says yes and gives you what you want. He says no and gives you something better. He says wait and gives you the best.

Show me your ways O Lord, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

Psalm 25: 4-5

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Reading makes a full man,
meditation a profound man,
discourse a clear man. ~ Benjamin Franklin

Mistakes are painful when they happen, but years later a collection of mistakes is what is called experience. ~ Denis Waitley

There is so much good in the worst of us, and so much bad in the best of us. That it hardly behooves any of us, to talk about the rest of us.

You might have a million tomorrows but only one today.

"The way we act behind the wheel is far more indicative of our walk with God than the way we act praying in a pew or smiling over a well-marked Bible." - Charles R. Swindoll

"Love your neighbor as yourself." If you keep on biting and devouring each other, watch out or you will be destroyed by each other.
Galations 5: 14-15

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Shirley and Abe, a retired couple from New York City, living in Miami Beach, are getting ready to go out to dinner. Shirley says, "Abe, darling, do you want me to wear this Chanel suit or the Gucci?"

Abe says, "Do I care?"

A few minutes later Shirley says, "Abe, should I wear my Cartier watch or my Rolex?"

Abe says, "Who cares?"

A few more minutes pass and Shirley says, "Abe, love, shall I wear my five-carat pear diamond ring or my six-carat round diamond ring with the baguettes?"

Abe says, "Shirley, I really don't care what you wear, but if you don't get moving, we're going to miss the Early Bird Special."



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Mark Twain

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The Evil Brothers

There were two evil brothers who were rich and used their money to hide their ways from the public eye. They even attended the same church and looked to be perfect Christians. Then, their pastor retired, and a new one was hired. Not only could he see right through the brothers' deception, but he also spoke well and true, and the church started to swell in numbers. A fundraising campaign was started to build a new assembly. All of the sudden, one of the brothers died. The surviving brother sought out the new pastor the day before the funeral and handed him a check for the amount needed to finish paying for the new building. "I have only one condition," he said. "At his funeral, you must say my brother was a saint." The pastor gave his word and deposited the check. The next day, at the funeral, the pastor did not hold back. "He was an evil man," he said. "He cheated on his wife and abused his family." He went on in this vein for a small time, and the surviving brother was clearly fuming in his seat. "But," the pastor concluded, "compared to his brother, he was a saint!"



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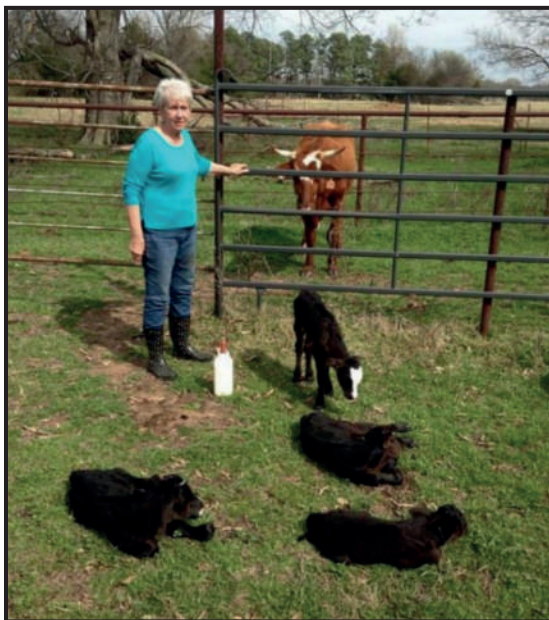
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" For sale: Cemetery plot, \$200, so I don't have to spend all eternity beside my ex!"



HOLY COW-S: A cow in Texas has apparently defied great odds and given birth to four calves that have been named Eeny, Meeny, Miny and Moo. A vet said the odds of this happening are 1 in 11.2 million!




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The Final Exam

An eccentric philosophy professor gave a one question final exam after a semester dealing with a broad array of topics.

The class was already seated and ready to go when the professor picked up his chair, plopped it on his desk and wrote on the board: "Using everything we have learned this semester, prove that this chair does not exist."

Fingers flew, erasers erased, notebooks were filled in furious fashion. Some students wrote over 30 pages in one hour attempting to refute the existence of the chair. One member of the class however, was up and finished in less than a minute.

Weeks later when the grades were posted, the rest of the group wondered how he could have gotten an "A" when he had barely written anything at all.

His answer consisted of two words:
"What chair?"

It was a disastrous year for the farmers.

The snow fell and fell until the government relief agency had to step in and lend a hand.

"It must have been terrible," said the government man to a farmer. "All that snow."

"Could have been worse," calmly answered the farmer. "My neighbor had more snow than me."

"How's that?" asked the government man.

"More land," replied the farmer.

**Inaction breeds doubt and fear.
Action breeds confidence and
courage. If you want to conquer
fear, do not sit home and think
about it. Go out and get busy.**
~ Dale Carnegie

Press on. Obstacles are seldom the same size tomorrow as they are today.

~ Robert H. Schuller

Stray Cat

A stray cat showed up at our house and my wife took him to the vet to be neutered.

"I'm about 90 percent certain he's been fixed," the vet said.

"How can I be 100 percent sure?" my wife asked.

"Watch to see if he does any 'male' things."

"He already lies on the couch all day," she said. "If he starts hogging the remote, I'll bring him in."

"A Woman's Prayer"

Dear Lord,

I pray for Wisdom to understand my man;

Love to forgive him: and

Patience for his moods.

Because Lord, if I pray for strength, I'll beat him to death!

Amen!

FAIR WARNING

Finding one of her students making faces at others on the playground, Ms. Smith stopped to gently reprove the child.

Smiling sweetly, the Sunday School teacher said, "Bobby, when I was a child, I was told if that I made ugly faces, it would freeze and I would stay like that." Bobby looked up and replied, "Well, Ms. Smith, you can't say you weren't warned."



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"An appeaser is one who feeds a crocodile, hoping it will eat him last." - Winston Churchill

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Aunt T's Kitchen



Banana

Blend 2 bananas, 1/2 cup each vanilla yogurt and milk, 2 teaspoons honey, a pinch of cinnamon and 1 cup ice.

Strawberry Shortcake

Blend 2 cups strawberries, 1 cup crumbled pound cake, 1 1/2 cups each milk and ice, and sugar to taste. Top with whipped cream and more strawberries.

Strawberry-Banana

Blend 1 banana, 1 cup strawberries, 1/2 cup each vanilla yogurt and milk, 2 teaspoons honey, a pinch of cinnamon and 1 cup ice.

SMOOTHIES

Triple-Berry Blend

1 1/2 cups mixed blackberries, strawberries and raspberries with 1 cup each milk and ice, and sugar to taste.

Raspberry-Orange

Blend 1 cup each orange juice and raspberries, 1/2 cup plain yogurt, 1 cup ice, and sugar to taste.

Cantaloupe

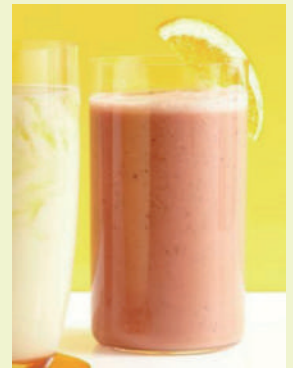
Blend 2 cups chopped cantaloupe, the juice of 1/2 lime, 3 tablespoons sugar, 1/2 cup water and 1 cup ice.

Kiwi-Strawberry

Blend 1 cup strawberries, 2 peeled kiwis, 2 tablespoons sugar and 2 cups ice.

Cherry-Vanilla

Blend 1 1/2 cups frozen pitted cherries, 1 1/4 cups milk, 3 tablespoons sugar, 1/2 teaspoon vanilla extract, 1/4 teaspoon almond extract, a pinch of salt and 1 cup ice.



Apricot-Almond

Blend 1 1/2 cups apricot nectar, 1/2 cup vanilla yogurt, 2 tablespoons almond butter and 1 cup ice.

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SMOOTHIES

Blueberry-Pear

Blend 1 1/2 cups frozen blueberries, 1 chopped pear, 1 1/2 cups each maple or plain yogurt and ice, and sugar to taste.

Banana-Date-Lime

Blend 2 bananas, 3/4 cup chopped pitted dates, the juice of 1 lime and 1 1/2 cups each soy milk and ice.

Peach-Ginger

Blend 2 cups frozen sliced peaches, 1 1/2 cups buttermilk, 3 tablespoons brown sugar and 1 tablespoon grated fresh ginger.

Blueberry-Banana

Blend 1 banana, 1 cup blueberries, 1/2 cup unsweetened coconut milk, 1 tablespoon each honey and lime juice, 1/4 teaspoon almond extract and 1 cup ice..



Creamy Pineapple

Blend 2 cups chopped pineapple, 1/2 cup cottage cheese, 1/4 cup milk, 2 teaspoons honey, 1/4 teaspoon vanilla, a pinch each of nutmeg and salt, and 2 cups ice.

Lemon-Poppy Seed

Blend 2 teaspoons poppy seeds, the zest and juice of 1/2 lemon, 1 cup plain yogurt, 1/3 cup sugar and 1/2 cup each milk and ice.

Aunt T's Kitchen

Chocolate-Banana Blend 1 banana, 1 cup chocolate ice cream, 1/2 cup milk, a pinch of salt and 1/2 cup ice

Mexican Coffee

Blend 1/2 cup chilled espresso or strong coffee, 1/2 cup milk or almond milk, 3 1/2 tablespoons brown sugar, 1/4 teaspoon ground cinnamon, 1/8 teaspoon almond extract and 1 1/2 cups ice.

Watermelon

Freeze 3 cups cubed seeded watermelon until hard. Blend with 1 cup cubed fresh seeded watermelon, the juice of 1 lime, 1/4 cup sugar and 1 cup water.

Creamsicle

Blend 3/4 cup frozen orange or orange-tangerine concentrate with 1/2 cup cold water and 1 cup each vanilla ice cream and ice.

Peanut Butter-Apple

Blend 1 chopped peeled apple, 3 tablespoons creamy peanut butter, 2 tablespoons flaxseeds, 1 1/2 cups each soy milk and ice, and honey to taste.

Father, we give You thanks from grateful hearts for this meal. For our fellowship. for your love, for your provision of food and of those who prepared this wonderful meal. Help us remember that You are with us around the table and may our hearts and words be a blessing to You in return.

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Find the ads with the icons and Mail or Email
 the names of the 8 business' in which you
 found the Icons along with your N,A, & #

T0: Parrish Publishing
 PO Box 681 Ozark, AL 36361

Email to Roger@laughsandlifts.com
 with subject or attn: line: **JULY ICONS**

Drawing will be held on the 20th of the month.
 One (1) email and one (1) regular mail are
 drawn & the winner is drawn from those 2.

TO FIND OUT IF YOU HAVE WON

READ THE NEXT EDITION OF LAUGHS AND LIFTS.
THE WINNER WILL BE NAMED AND POSTED THERE.
THE WINNER WILL HAVE UNTIL THE 15TH OF THE
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PRIZES MUST BE PICKED UP IN PERSON BY THE
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important than
knowledge. Knowledge
is limited. Imagination
encircles the world.
~ Albert Einstein**

STOLEN PAINTINGS

A thief in Paris planned to steal some paintings from the Louvre Museum. After careful planning, he got past security, stole the paintings, and made it safely to his van. However, he was captured only two blocks away when his van ran out of gas.

When asked how he could mastermind such a crime and then make such an obvious error, he replied, "Monsieur, that is the reason I stole the paintings. I had no Monet to buy Degas to make the Van Gogh."

(See if you have De Gaulle to tell this to someone else. I'm telling it to you because I figured I had nothing Toulouse.)

1TH of JULY



Ariton Kid's Parade (Downtown Ariton)

Registration Begins: 10:00 AM

Parade Begins: 11:00 AM

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Last Until: 2:00 PM

MoreInfo? Facebook/Ariton Kid's Parade

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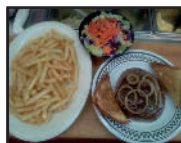


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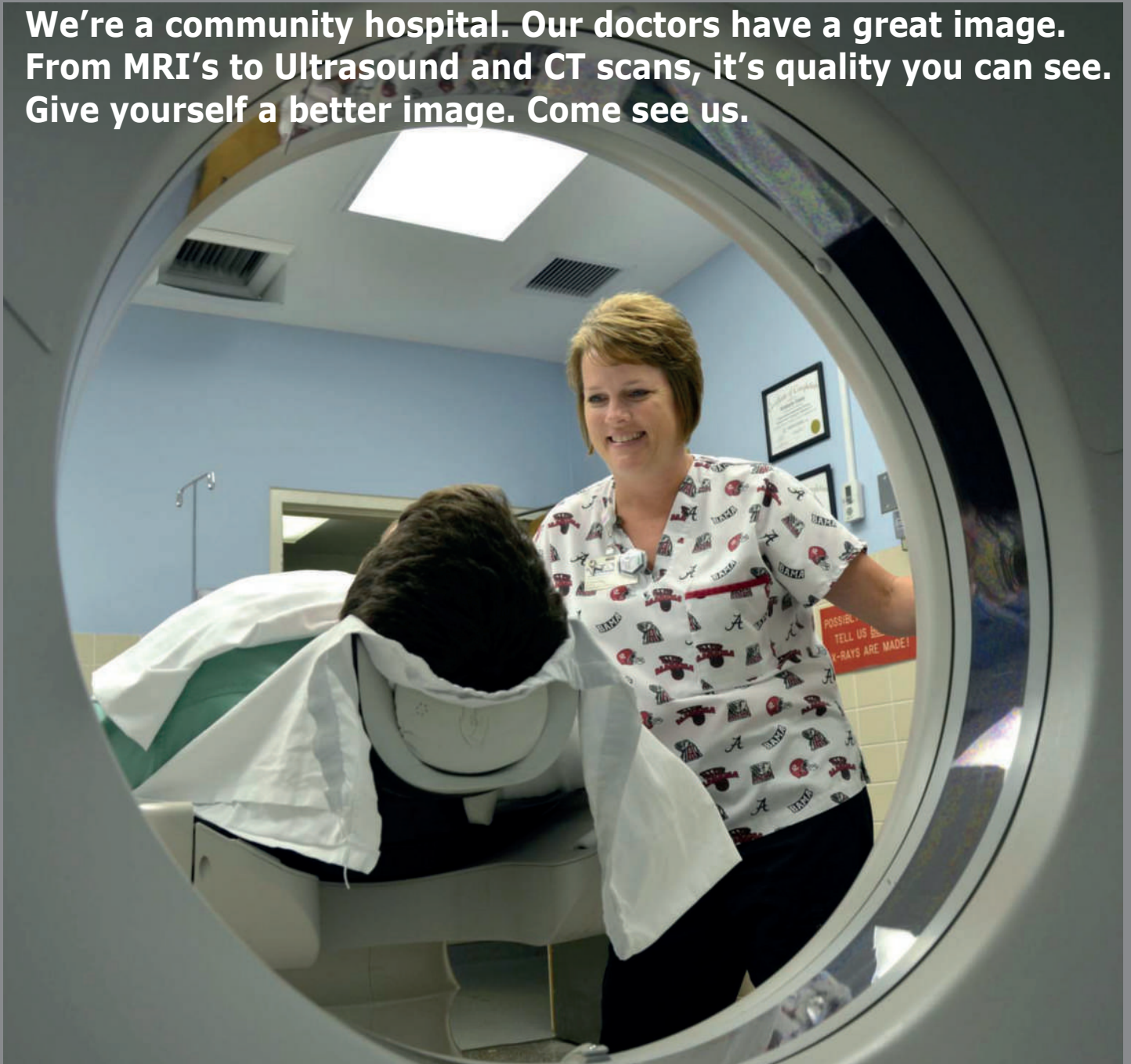
**A person who never made a mistake
never tried anything new.--Albert Einstein**

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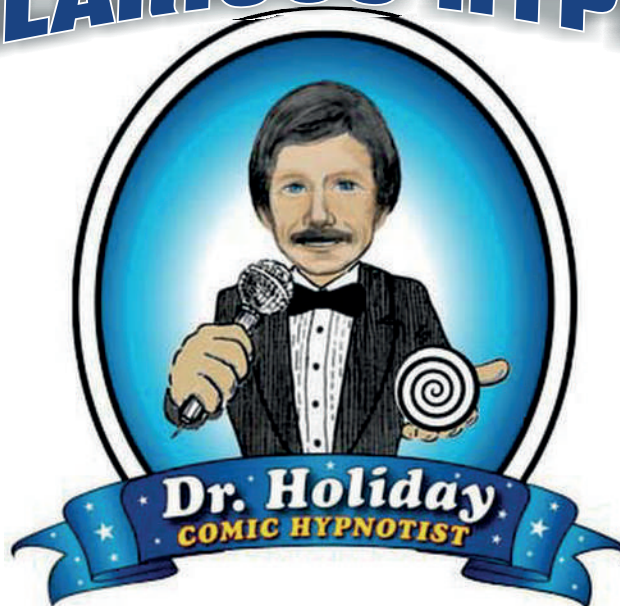


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Proceeds from the event benefit the Dr. L.D. McLaughlin Memorial Fund



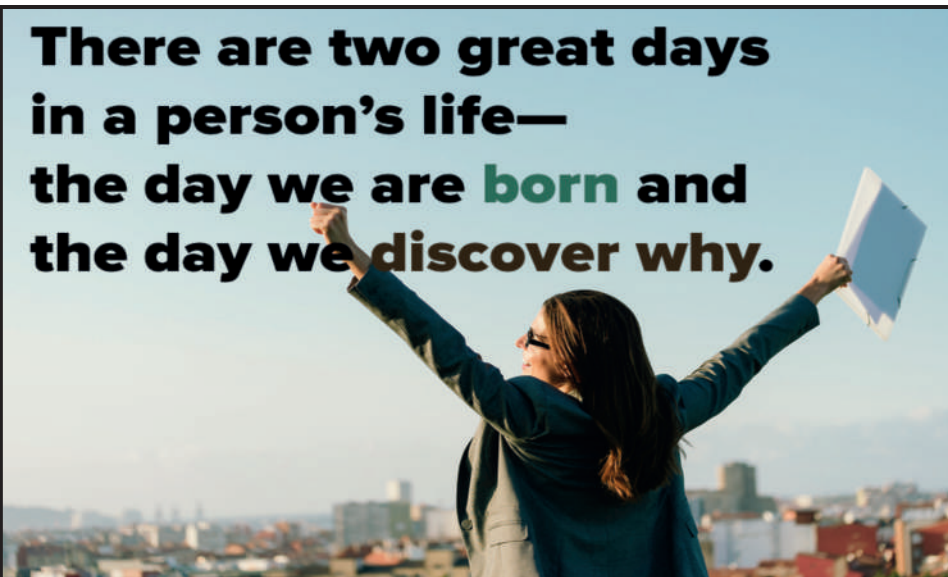
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phone that is wired to
the wall, and all you
can do is talk on it!!**

**I eat my tacos over a
tortilla. That way
when stuff falls out,
BOOM, another taco.**

I had been teaching my three-year old daughter, the Lord's Prayer for several evenings at bedtime, she would repeat after me the lines from the prayer. Finally, she decided to go solo. I listened with pride as she carefully enunciated each word right up to the end of the prayer: "Lead us not into temptation," she prayed, "but deliver us some E-mail...." ~

Submitter by a reader

Little Johnny stared at his test paper. The big red "F" stared back at him. Freddie looked at his glum friend and asked, "Why did you get such a low grade on that test?" "Because of an absence," Johnny answered. "You mean you were absent on the day of the test?" he questioned. Johnny replied, "No, but the kid who sits next to me was."

Tide Detergent: It Gets The Stains Out!

Dear Tide,

I am writing to say what an excellent product you have! I've used it all of my married life, as my Mom always told me it was the best.

Now that I am in my fifties I find it even better! In fact, about a month ago, I spilled some red wine on my new white blouse. My inconsiderate and uncaring husband started to belittle me about how clumsy I was, and generally started becoming a pain in the neck.

Well, one thing led to another and somehow I ended up with his blood on my new white blouse! I grabbed my bottle of Tide with bleach alternative, and to my surprise and satisfaction, all of the stains came out! In fact, the stains came out so well the detectives who came by yesterday told me that the DNA tests on my blouse were negative.

Then my attorney called and said that I was no longer considered a suspect in the disappearance of my husband.

What a relief! Going through menopause is bad enough without being a murder suspect! I thank you, once again, for having a great product.

Well, gotta go -- I have to write to the Hefty Bag people.

Your friend,
Velma

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I am a product of my decisions. -Stephen Covey

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This iz a stikkep!

A man, wanting to rob a downtown Bank of America, walked into the Branch and wrote "This iz a stikkup. Put all your muny in this bag." While standing in line, waiting to give his note to the teller, he began to worry that someone had seen him write the note and might call the police before he reached the teller's window. So he left the Bank of America and crossed the street to the Wells Fargo Bank. After waiting a few minutes in line, he handed his note to the Wells Fargo teller. She read it and, surmising from his spelling errors that he wasn't the brightest light in the harbor, told him that she could not accept his stickup note because it was written on a Bank of America deposit slip and that he would either have to fill out a Wells Fargo deposit slip or go back to Bank of America. Looking somewhat defeated, the man said, "OK" and left. He was arrested a few minutes later, as he was waiting in line back at Bank of America.

Funny Headlines

- Mortuary Adds Drive-Through
- Cold Wave Linked to Temperatures
- Winners Of Drunk Driving Contest Announced
- Authorities Pursue Man Running With Scissors
- Cows Lose Their Jobs As Milk Prices Drop
- Homeless Man Under House Arrest
- Miners Refuse to Work after Death
- Three Ambulances Take Blast Victim To Hospital

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Happy July!

I like to pay tribute this time of the year to all the service men and women who have and who are defending the Stars and Stripes so that we can enjoy the freedom to do so much here on American soil, as well as retain respect all over the globe. Just think about the things that we do on a daily basis and how we as Americans are blessed to enjoy many of these things that we wouldn't be able to in other countries. Here's an example of one from last night. I still enjoy the competition of playing church-league softball. Our games always start with a prayer and one of our youth ministers is our coach. He always prays for our service men and women who are risking their lives so that we can have the freedom to come out and play a GAME. That always seems to put things in the correct perspective before we

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hit the field, and I appreciate that he includes that in his prayer.

So, please remember that our freedom isn't free..... it was and continues to be earned on the battlefield. Tell a service person "thanks" for our privilege to celebrate Independence Day!

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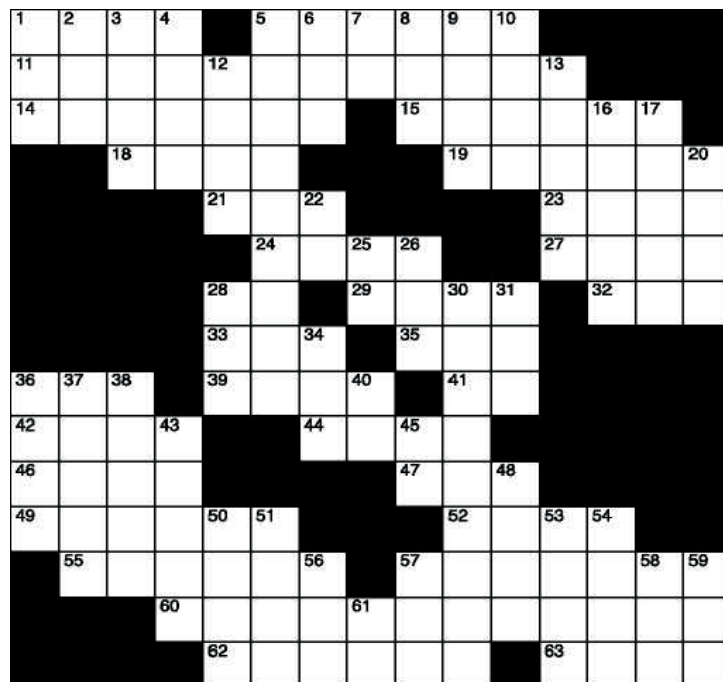
"Tastes like Mama cooked it."

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CLUES ACROSS

1. Cleopatra's vipers
5. Slanted printing style
11. DWTS' Italian judge
14. Slender tower with balconies
15. ___ Aires
18. Practice fight
19. Forged using a metal bending block
21. Male parent
23. National Asset Mgmt. Agency
24. Not this
27. Middle East chieftain
28. 7th tone
29. A role of insulation
32. Midway between S and SE
33. The longest division of geological time
35. Oolong, green or Earl Grey
36. Disorderly crowd
39. Children's author Blyton
41. A radio band
42. Assist in some wrongdoing
44. Measures speed of rotation (abbr.)
46. Bring up children
47. Mitt's spouse
49. Light, narrow paddle boats
52. Unstressed-stressed
55. Oriental water pipe
57. Miser
60. "The Hobbit" director
62. Traditional German frock
63. This (Spanish)

3. Play on words jokes
4. Finger click
5. Repeating
6. Toddler
7. Article
8. Women's ___ movement
9. Promises to pay
10. A ball of yarn or thread
12. Towards the mouth or oral region
13. Fatuous
16. Old Irish alphabets
17. Slang for trucks with trailers
20. Defy
22. Dear husband (abbr.)
25. A blood group
26. Make lacework
28. Golf ball support
30. Having a particular scientific skill
31. Chit
34. Head louse egg
36. Pomace

CLUES DOWN

1. Defensive nuclear weapon
2. ___ Lanka, country

37. West Indian sorcery cult
38. A. Hutton drew this Br. comic
40. Popular 1950's hairstyle
43. A unit of girl or boy scouts
45. 3.6% of the earth's crust
48. Drug agent (slang)
50. Supplemented with difficulty
51. Self-immolation by fire ritual
53. Br. slang for donkey
54. Supervisor
56. Of she
57. Research doctorate in law
58. Took possession
59. Point midway between NE and E
61. Care giver degree

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	1				3			
5								
8	6	2					4	
				3		9		
							5	9
3			9		8			
6						7		4

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Answers On Page 29

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Fire Ant Killer ("Spoiler Alert"-For those who LOVE fire ants, read no furtherthe fire ants die at the end of this story, LOL)

- 1 empty water bottle
(Cut it down to about 2" tall)
- 5 Tbs of baking soda
- 5 Tbs of powdered sugar
- 3 Tbs of water.

This way of eliminating ants is simple:

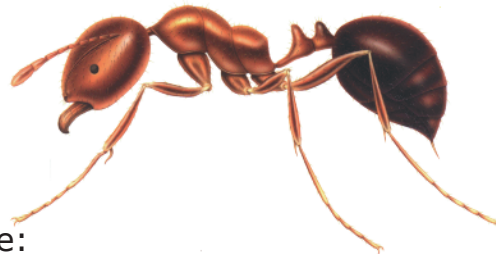
Take a small amount of powdered sugar (also called icing sugar) and mix it with an equal amount of baking soda (formally called sodium bicarbonate) and water.

Powdered sugar is essential. You cannot use the larger grains of sugar for this..

Mix the two powders together and then place small amounts against the walls or other areas where you would not normally walk but where you would normally see the ants. The ants will be attracted to the sugar and will eat some of it and collect more to take home to feed others, so all of them will get their share.

The sugar and baking soda powders are similar in size and, once mixed together, the ants cannot separate the two items, so, as they eat the sugar, they will also ingest the baking soda, which they would otherwise never touch. This is the reason for using powdered sugar.

Once the ants eat the baking soda it will react with the formic acid in their stomachs and cause gas. The bodies of ants are unlike humans and they cannot eliminate gas so it will build up inside and eliminate them.



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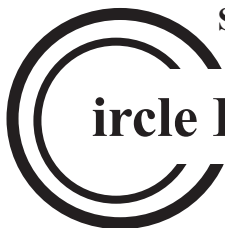
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Laughs and Lifts

Family Magazine

A Sunday school teacher asked her class, "What was Jesus' mother's name?"

One child answered, "Mary."

The teacher then asked, "Who knows what Jesus' father's name was?"

A little kid said, "Verge." Confused, the teacher asked, "Where did you get that?"

The kid said, "Well, you know they are always talking about Verge n' Mary."

After the christening of his baby brother in church, Jason sobbed all the way home in the back seat of the car.

His father asked him three times what was wrong.

Finally, the boy replied, "That preacher said he wanted us brought up in a Christian home, and I wanted to stay with you guys."

Dinner Guests

A wife invited some people to dinner. At the table, she turned to their 6-year-old daughter and said, "Would you like to say the blessing?"

"I wouldn't know what to say," the girl replied.

"Just say what you hear Mommy say," the wife answered.

The daughter bowed her head and said, "Lord, why on earth did I invite all these people to dinner?"

Take Time To Smell The Roses

By: Wallace Kennedy, Jr.



As I was thinking within myself and having a conversation, I thought about all the things that are on my "To-Do List". I even tried prioritizing an order based on importance to get them

done. I heard a voice from within me say, "You will have a list even when you die"!

Consider:

Family responsibility which is a huge area, vocation, maybe trying to future your education, nurturing of the spirit, soul and body, issues with extended family members, church-works, social life, and the "to do list" of the many things that never seem to go away, just different ones keep appearing.

I remember my oldest brother telling me; "now that you have bought a house be careful, you will always have things to do, and things that you would like to up-grade or change. If you are not careful, this can become expensive!"

Well, we can ask God to help us balance our life. We can set priorities based on importance for a certain time frame. Listen, things to do will always be before us, we must set aside time to "Smell the Roses" of our life. Take time to enjoy your love ones and friends, and don't forget to enjoy "You" also.

The wise man King Solomon says: "Even so, I have noticed one thing, at least, that is good. It is good for people to eat, drink, and enjoy their work under the sun during the short life God has given them, and to accept their lot in life."

Ecclesiastes 5:18

"A joyful heart is good medicine, but a crushed spirit dries up the bones." Proverbs 17:22

The truth is, God wants you to enjoy your life every day. Did you know that? If you didn't know, or maybe you just aren't sure whether God approves of people enjoying their lives, take a look at John 10:10 (AMP). It says, "The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows)."

Note: There is nothing wrong or evil about having fun, some translations for the word "blessed" means happy. It is the enemy of our souls that wants us to be miserable, boring and depressed.



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| 5. Think About It | 5. He's Beside Himself |
| 6. Good Till the Last Drop | 6. Ring Around the Rosie |

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People who live in stone houses should not throw glasses.

7 Ways to Make Good Choices



We are a product of the choices we make. Each decision helps to define who we are and how we're different from one another. Making good choices begins with taking charge of the decision-making process.

Manage the big stuff. It's very easy to get sidetracked by insignificant issues in life. If you spend a lot of time on trivial stuff, you won't have time to contemplate **things that matter**.

Values matter. Make decisions that are consistent with your core beliefs and values. The alternative invariably leads to regret.

Learn from the past. Learn from your experiences and the experiences of others. Identify situations where you've had a similar choice in the past. How can you apply those lessons learned to the existing situation?

Know what you know and what you don't know. Don't try to be an expert in everything. Seek input and advice when variables lie outside your comfort zone.

Keep the right perspective. View an issue from every vantage point. What do the facts say? What is your intuition telling you? Is your conscience trying to tell you something? Listen up.

Don't procrastinate. You'll rarely have all the information that you need to make a "perfect" decision. So don't demand perfection. The philosopher Voltaire warned against letting the perfect be the enemy of the good. That advice still holds true today.

Once you make a decision, don't look back, make it work. Don't **second-guess** yourself. You can't relive the past. It's a waste of valuable time and energy.

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