



Worthwhile Operational Guidelines & Suggestions

BROILER PROCESSING TIMELY INFORMATION – December 2009

Lessons and Reminders for the New Year...

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone...
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. You don't have to win every argument. Agree to disagree.
6. Cry with someone. It's more healing than crying alone.
7. When it comes to chocolate, resistance is futile.
8. Make peace with your past so it won't screw up the present.
9. Don't compare your life to others. You have no idea what their journey is all about.
10. If a relationship has to be a secret, you shouldn't be in it.
11. Take a deep breath. It calms the mind.
12. Get rid of anything that isn't useful, beautiful or joyful.
13. Whatever doesn't kill you really does make you stronger.
14. It's never too late to have a happy childhood. But the second one is up to you and no one else.
15. When it comes to going after what you love in life, don't take no for an answer.
16. Be eccentric now. Don't wait for old age to wear purple.
17. No one is in charge of your happiness but you.
18. Forgive everyone everything.
19. What other people think of you is none of your business.
20. Time heals almost everything. Give time.
21. Don't take yourself so seriously. No one else does.
22. Don't audit life. Show up and make the most of it now.
23. Getting old beats the alternative -- dying young.
24. Get outside every day. Miracles are waiting everywhere.
25. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
26. Envy is a waste of time. You already have all you need.
27. The best is yet to come.
28. No matter how you feel, get up, dress up and show up.
29. Life isn't tied with a bow, but it's still a gift.



HAPPY HOLIDAYS!

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