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INTRODUCTION

All too often we can immediately remember and recite every misstep, calamity, and blunder that has befallen us. (Those we have forgotten, our friends, family, or mates take delight in reminding us of them.) Here is your opportunity to record your major successes on a daily basis. This little book will become your pick-me-up when times are rough. Read and rejoice; and never take success for granted.

We have shared with you some of our favorite success quotes. Use them in the best of health.

— Susan and Edmund Benson

**Success is to be measured not
so much by the position that one
has reached as by the obstacles
which have been overcome
while trying to succeed.**

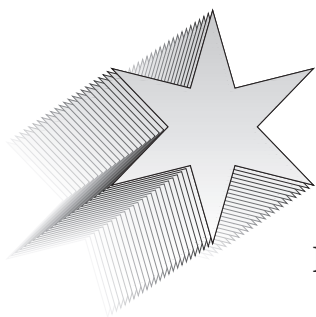
— *Booker T. Washington*



SUCCESS LOG

"Do ONE successful thing every day
and enter it here!"

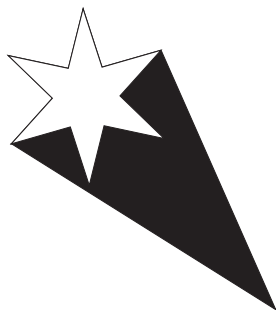
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



**Do not let a day go
by without writing
down at least one
thing you feel proud of.
By doing this you develop
what we call
“The One Success a
Day Lifestyle.”
This log has 365 spaces!
Only you can fill
in the blanks.**

You will be successful if you work hard with a sense of purpose. If you invest in a good education and are willing to develop a winning attitude, you will bloom wherever you're planted.

**Remember:
Nothing on Earth can stop
you from journaling your
daily successes. Only
your hand will track these
efforts...it's up to you!**



Abe Lincoln said people are as happy as they make up their minds to be. Make up your mind to be delighted.

An idea without action is just daydreaming.

THE WORRY BOOK



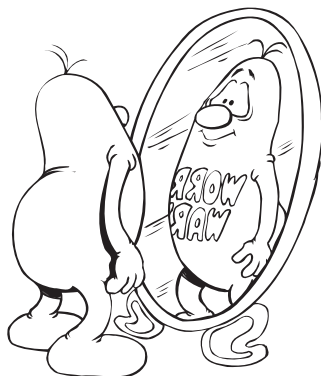
What Is Worry?

Worry is thinking about things that scare you. Yes, it's true, everybody worries about something. Often, the world can seem like a dangerous place. It's natural to be concerned about your life and the people you love.

However, thinking excessively about these things isn't good for you. It can make you sad, mad, or sick, and usually doesn't help. You may spend time worrying about things you can't fix anyway. You may even worry about what may never happen, such as your parents getting sick or losing their jobs. Or, you may worry about what will happen if you marry the wrong person or can't find a job.

Sometimes, you may not even know what you are worried about. You may just feel tense or nervous...it's like a silent alarm going off inside of you.

The Worry Book shows you how to find out when you're worried and figure out what you are worried about. It tells you how to turn off the alarm, feel better, and do something to help yourself.



How Do You Know If You're Worried?

Sometimes, worry hides in your body or feelings. You might feel sad, angry, confused, or sick, but don't know why. You don't understand it's because you are worried about something or someone.

When you don't know you're worried, you can't do anything about it. The first step toward feeling better is to find out where your worries hide so you can start fixing problems. Sometimes you're worried when:

- * You have trouble sleeping or have nightmares
- * You think about things that scare you
- * You get a headache or stomachache for no particular reason
- * You feel like whatever you do will be wrong
- * You can't sit still
- * You're always tired and have no energy
- * You eat too much or too little
- * You feel sad or angry for no reason

These things don't always mean you're worried, but when they happen, it's a good idea to check. Ask yourself, "Am I worried about something?"



How Can You Tell If You're Worried?

How do you feel when you are worried? Do you feel sick? Tense? Do you have trouble paying attention? Make a list of worry signals, things you feel when you are worried. For these purposes, don't worry about grammar and spelling. Just do the best you can. The main idea is for you to participate.

1. _____
2. _____
3. _____
4. _____
5. _____



I Forgive You Because It's Good For Me



What Is Forgiveness?

Forgiveness is something you do for yourself, not others. It means letting go of bad feelings about others and yourself so you can be happier and accomplish more. Forgiveness shifts your attention from negative to positive thoughts.

Sometimes a bad thing happens and you think it will affect you forever. That's just not true. You are **never** stuck with the past. You have the power to rewrite your personal history, just by forgiving people who hurt you. You can heal yourself by letting go of past pain.

When you give up anger, resentment, and thoughts of getting even, you become free. You'll be better able to deal with challenges. You can be happy, no matter what happened in the past.

Forgiveness is a sign of self-esteem. It is about freedom, strength, and release from pain. It will leave you clean, refreshed, and at peace.

“He who forgives ends the quarrel.”

African proverb



Some of the people you may have to forgive include:

- Those who physically or mentally abuse you
- Parents
- Brothers and sisters
- Friends
- Teachers
- Government
- Doctors and dentists
- Grandparents
- Ministers
- Strangers
- Groups of people (blacks, whites, Jews, Asians, homosexuals, multimillionaires, the homeless)
- Yourself

You may have to forgive others for:

- Lying to you
- Punishing you
- Leaving you
- Betraying you
- Fighting with you (physically or verbally)
- Not appreciating or loving you enough
- Not acting how you think they should
- Stealing
- Rejecting you
- Disappointing you
- Making a fool of you
- Getting angry with you

Forgiving Doesn't Mean Approving

When you forgive another person, you are not saying what he did was okay or you approve of his actions. Forgiveness doesn't mean he was right and you were wrong or it's okay for him to hurt you again. It doesn't necessarily mean you like him, either. There's no reason to pretend everything is fine when it's not.

Read this story to help you understand about the power of forgiveness:

Sandy blamed her father for leaving her and her mother after the divorce. She was so angry at him she never had a good time on the Saturdays she and her dad spent together. One day, it occurred to her she would forever continue to have a bad time with her dad unless she changed the way she thought of him.

The following Saturday, Sandy told her dad she wished he and her mother hadn't gotten divorced, but she was going to stop blaming him and holding a grudge. They finally had a great time at the park, and Sandy felt good about being able to relax and love her dad again. She didn't have to like or approve of her parents' divorce, but she understood she was just hurting herself by not forgiving her father.

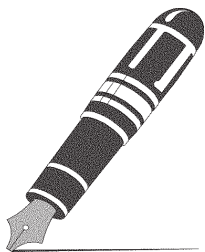


Activity

Answer these questions to see if there is someone you need to forgive:

1. Do you feel nervous, angry, upset, or sad when you are around certain people? Make a list of these people.

2. Did these people do anything to hurt you? If so, what did they do?

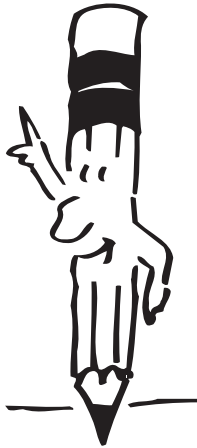


3. How would you like to feel around these people?

Person I Haven't Forgiven

How Not Forgiving Hurts Me

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____



Nine Reasons To Forgive

Sometimes it feels good to think you are right and the people who have hurt you are wrong, to believe you are innocent and they are guilty. However, this kind of thinking only feels good for a short time before it starts to hurt, and the hurt can continue for a long time.

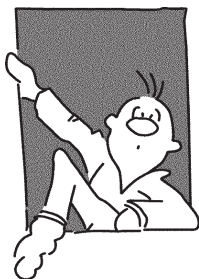
It's always best to forgive, but you may sometimes need to remind yourself good things come from forgiving others. There are many reasons to forgive those who have harmed you. Here are nine of them:

1. To get things you want in life.

We all want love, safety, affection, attention, and encouragement. We also want to be happy and succeed in school, work, and relationships. It will be difficult for you to get these things if you are carrying around anger, hatred, or resentment.

2. To heal any damage.

Forgiveness is the only way to heal your wounds. Even if the people who harmed you were thrown in jail, you would still feel pain unless you had forgiven them. Hatred hurts. The only way to fix it is to forgive.



Activity

Write down two of your favorite reasons to forgive from the list on the previous page. Next, make up your own special reason to forgive others.

I'm most comfortable forgiving because...

1. _____
2. _____

My personal reason to forgive:

