



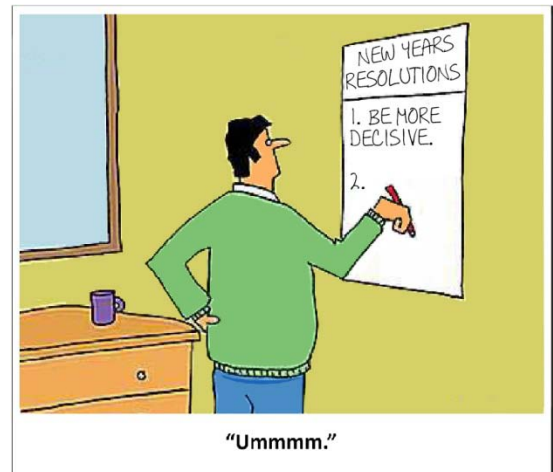
FlowRATE Newsletter – Vision Critical
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“Little Rules of Life”

By Wayne Ulanski, President – Wayne@svf.net

As is my tradition each January, I wanted to share with you these “Little Rules of Life”. Each year I add another one to the list. This year’s addition is “Losing yourself in new surroundings is the best way to find yourself”

Sing in the shower.
Treat everyone you meet like you want to be treated.
Watch a sunrise at least once a year.
Leave the toilet seat in the down position.
Never refuse homemade brownies.
Strive for excellence, not perfection.
Plant a tree on your birthday.
Learn 3 clean jokes.
Return borrowed vehicles with the gas tank full.
Compliment 3 people every day.
Never waste an opportunity to tell someone you love them.
Leave everything a little better than you found it.
Keep it simple.
Think big thoughts but relish small pleasures.
Become the most positive and enthusiastic person you know.
Floss your teeth.
Overtip breakfast waitresses.
Be forgiving of yourself and others.
Say, “Thank you” a lot.
Say, “Please” a lot.
Avoid negative people.
Buy whatever kids are selling on card tables in their front yards.
Wear polished shoes.
Remember other people’s birthdays.
Commit yourself to constant improvement.
Carry jumper cables in your trunk.
Have a firm handshake.
Send lots of Valentine cards.
Sign them, “Someone who thinks you’re terrific.”
Look people in the eye.
Be the first to say hello.
Use the good silver.
Return all things you borrow.
Make new friends, but cherish the old ones.
Keep a few secrets.
Feed a stranger’s expired parking meter.
Plant flowers every spring.



Always accept an outstretched hand.
Stop blaming others.
Take responsibility for every area of your life.
Wave at kids on school buses.
Be there when people need you.
Sing in a choir.
Don't expect life to be fair.
Never underestimate the power of love.
Drink champagne for no reason at all.
Live your life as an exclamation, not an explanation.
Don't be afraid to say, “I made a mistake.”
Don't be afraid to say, “I don't know.”
Compliment even small improvements.
Keep your promises no matter what.
Marry for love.
Rekindle old friendships.
Count your blessings.
Register as an Organ Donor.
Losing yourself in new surroundings is the best way to find yourself.
Call your mother.

Enjoy the New Year and all the possibilities it has to offer you!

“What do you need today?”™