



June 2004

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**Week 1-Friendliness**

To humorist Will Rogers, strangers were simply friends he hadn't met. View those you encounter this week in that light. Make a new acquaintance.

**Week 2-Ecology**

Value the earth by conserving natural resources and avoiding the purchase of products that deplete the rain forests or exploit labor forces. Practice recycling each day this week by using at least one recycled product or by recycling something.

**Week 3-Smiling**

Buddhist teacher Thich Nhat Hanh said, "If in our daily life we can smile...not only we, but everyone will profit from it. This is the most basic kind of peace work." Each day this week, share a smile with at least three people, knowing that your smile contributes to peace.

**Week 4-Simplicity**

To simplify is to invite peacefulness. Think of three ways you can simplify your life and put at least one of them into practice each day this week.

**Week 5-Uniqueness**

Dale Carnegie says that the greatest need people have is for love and approval. Praise, compliment and honor the uniqueness of at least five people this week. Notice the positive impact you make by valuing the individuality of each one.