

Focus on Better

What can you do to make a positive difference?
Be a better friend, relative or colleague.

Find ways to compliment rather than criticize.
Affirm others' value when you critique.
Disagree over issues, not people.
Call on your "better angels."

Be there without being asked.
Do things that make people happier—and cost you nothing.
Smile, hold a door, pay a compliment.

Be open without obligation
...and no whining.
Whining steals energy from you and others.

You will fail—many times.
Just point yourself in the direction of better,
And take as many steps as you can
Every day.