

# YOUR DAILY SURVIVAL KIT FOR THE NEW YEAR



**Today, I am giving you a**  
**DAILY SURVIVAL KIT**  
**to help you each day.....**

**Toothpick** ... to remind you to pick the good qualities in everyone, including yourself.

**Rubber band** ... to remind you to be flexible. Things might not always go the way you want, but it can be worked out.

**Band-Aid** ... to remind you to heal hurt feelings, either yours or someone else's.

**Eraser** ... to remind you everyone makes mistakes. That's okay, we learn by our errors.

**Candy Kiss** ... to remind you everyone needs a hug or a compliment everyday.

**Mint** ... to remind you that you are worth a mint to your family & Me.

**Bubble Gum** ... to remind you to stick with it and you can accomplish anything.

**Pencil ... to remind you to list your blessings every day.**

**Tea Bag ... to remind you to take time to relax daily and go over that list of God's blessings.**

**This is what makes life worth living every minute, every day**

*Wishing you love, gratitude, friends to cherish, caring, sharing, laughter, music, and warm feelings in your heart in the 2010 year.*