

# 48 positive things I can do for myself:

By Bill Sanders

1. Get enough sleep.
2. Choose to think good thoughts about yourself and others.
3. Avoid drugs, alcohol and tobacco.
4. Respect yourself with good hygiene.
5. Make good choices every day.
6. Don't compare yourself with anyone.
7. Try your best at everything you do.
8. Accept the outcome when you fail or didn't do your best.
9. Make up your mind to try harder the next time.
10. Step out of your comfort zone at least once a day.
11. Become a great listener.
12. Give yourself the same benefits you give others.
13. Read something positive just before going to bed.
14. Look your best.
15. Learn to laugh at yourself.
16. Laugh about something each day.
17. Never laugh at others.
18. Become a diligent student.
19. Make a list of 50 things you want to accomplish before you turn 30.
20. Take some time out just for you each day.
21. Look at pictures of friends and family members more often.
22. Get a camera and take pictures of others. They'll love it and so will you.
23. Keep your promises.
24. Don't gossip.
25. Become more trusting, in yourself and others.
26. Exercise each day at least 10 minutes.
27. Write encouraging and thankful notes. What goes around comes around.
28. Smile.
29. Look people in the eye.
30. Never put yourself down.
31. If there is an area you need to change, be a big enough person to admit it and change.

32. Avoid destructive things like pornography, profanity, prolonged anger.
33. Ask your best friend what habits you should change.
34. Develop friendships with your parents.
35. Become the hardest worker at your place of employment.
36. Be honest.
37. Be thankful for your family and those who care for your basic needs.
38. Appreciate the fact that you live in America.
39. Appreciate the wise authority figures in your life.
40. Make a list of past achievements and feel good about the hard work you put into them.
41. Be thankful for your health.
42. Save at least 20% of your wages if you have a job.
43. Set goals in school.
44. Don't tear yourself down in thoughts or words.
45. Be glad you are you.
46. Believe in yourself.
47. Take responsibility for your actions.
48. Eat healthy food.

These ideas are from my leadership program that I teach teens in Middle and High Schools. If you are interested in hearing more about it or helping to head one up please let me know. Bill

#### **Books and CD's by Bill Sanders**

---

"Starting with Me" teen leadership book .....	\$10.00
"Seize the Moment" Parent book.....	\$10.00
"I'd be a Perfect Parent, If it weren't for my Kids!" CD .....	\$15.00
"The Joy of Thankfulness" CD .....	\$15.00
Dad's Becoming Heroes" 4 CD's powerful! Life Changing!.....	\$40.00
Opportunity Parenting 5CD's 9 sessions live, hilarious, touching, changed lives.....	\$45.00
<b>Entire Package.....</b>	<b>\$105.00 save \$40</b>

**Personal check, Visa, Master Card, Bill your School.**

Call or email us if you are interested in having Bill Speak for your school or group. Assemblies, In-Service, Parent/Community programs, weekend retreats, conferences. Thank you for the honor of speaking to your students and yourselves.

Go to [www.billspeaks.com](http://www.billspeaks.com) for many useful downloads for personal and school use.

**Bill Sanders 14681 N. Barton Lake Dr. Vicksburg, MI. 49097 800-950-0623**  
[billspeaks@billspeaks.com](mailto:billspeaks@billspeaks.com) [www.billspeaks.com](http://www.billspeaks.com) [www.facebook.com/billsandersspeaks](http://www.facebook.com/billsandersspeaks)