

# Central Fire District

## From the desk of the Chief

I wanted to take a moment to say thanks again for all you do. I know I have been asking you to do more public relations stuff and it has taken more of your time. I appreciate your help with these items and take it from me...they make a difference. People notice us more and it has a positive effect.

Recently a good friend sent me an email that had a list of things to make your life better or something of that nature. I read them and some of them I did not agree with but here are what I considered to be the best of the best. I think we all need to re-evaluate once in a while and these would give us all food for thought. Use what is good for you and forget the rest.

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. When you wake up in the morning complete the following statement, 'My purpose is to \_\_\_\_\_ today.'
4. Each night before you go to bed complete the following statements:  
I am thankful for \_\_\_\_\_. Today I accomplished \_\_\_\_\_.
5. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
6. Make time to pray and meditate. They provide us with daily fuel for our busy lives.
7. Spend time with people over the age of 70 and under the age of 6.
8. Dream more while you are awake.
9. Try to make at least three people smile each day.
10. Clear clutter from your house, your car, your desk and let new and flowing energy into your life.
11. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
12. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
13. Smile and laugh more. It will keep the energy vampires away.
14. Life isn't fair, but it's still good.
15. Life is too short to waste time hating anyone. Forgive everyone for everything.
16. Don't take yourself so seriously. No one else does.
17. You don't have to win every argument. Agree to disagree.
18. Make peace with your past so it won't screw up the present.
19. Don't compare your life to others. You have no idea what their journey is all

about.

20. No one is in charge of your happiness except you.
21. Frame every so-called disaster with these words: 'In five years, will this matter?'
22. What other people think of you is none of your business.
23. Time heals almost everything. Time passes anyway, so let it go on peacefully.
24. However good or bad a situation is, it will change.
25. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
26. Get rid of anything that isn't useful, beautiful or joyful.
27. Envy is a waste of time. You already have all you need.
28. The best is yet to come.
29. No matter how you feel, get up, dress up and show up.
30. Do the right thing!
31. Call your family often. (Or email them to death!!!) Hey, I'm thinking of ya!
32. Remember that you are too blessed to be stressed.
33. You only have one ride through life so make the most of it and **enjoy the ride.**

Not all of these things are for everyone but there is something there for everyone. Read and use what is for you and discard what doesn't apply. I am going to try to use several.

Be safe out there!!

Jim