

Healthy Individual Responsibilities

(We are responsible for our own and no one else's)

FLABBY D. CAT

Feelings: How we FEEL in reaction to life and people.

Love: Who we GIVE love to and who we ACCEPT/RECEIVE it from.

Attitude: Positive or Negative - cup half empty or half full.

Beliefs: What you accept to be true.

Behavior: How we ACT on our thoughts and feelings.

Yes/No: We decide What/Who we say "YES" or "NO" to.

Desires: What we WANT, not what we NEED for life.

Choices: And the consequences of our choices.

Abilities: We are responsible for how we USE or SQUANDER our abilities.

Thoughts: What we allow our mind to DWELL ON or TURN AWAY FROM.

Thus, *Flabby D. Cat* can guide you thru many rough roads. If you follow the cat's tail you'll be happy, healthy and sane. >^..^<

All you can do is all you can do,

And all you can do is good enough.

Best IS Best!!! You cannot create "Bestest."