
"Things which matter most should never be at the mercy of things which matter least."
- Goethe

Robert K. Cooper, Ph.D. presents
Priorities For Life™
Priorities

Uncommon reminders for bringing out the best in yourself and others.

Stand out from the crowd.

Stop competing.

Start excelling.

No one has to lose for you to win.

Be grateful for every act of kindness.

Be grateful for every meal.

Be grateful for every breath.

Loosen Up.

Lighten Up.

Keep showing up.

Know when to come up for air.

Challenge the boundaries.

Don't settle for being what you used to be or have been.

Keep reaching for what you can yet become.

Don't gossip.

Don't nap.

Don't tailgate.

Don't take good health for granted.

Don't postpone joy.

Honor the greatness – and uniqueness in others.

Each day you have the same minutes as

Edison – Lincoln – Galileo – Thoreau – King – DaVinci – Gandhi - Mother Teresa – Mandela - Einstein

Wave back at children on the school bus.

Laugh at least a hundred times a day.

Don't wait for things to be funny, laugh anyway.

Remember you'll never get new results from repeating old habits.

Don't let cobwebs form around your big dreams.

Call home.

Go the extra mile.

Stop to smell the flowers.

Avoid ruts.

Once you're in one it's hard to get out.

Encourage children to look up at the stars, play in the rain, run through puddles.

Every once in a while join them.

Each evening talk about the funniest thing that happened today.

Don't confuse time with money.

Money with success.

Success with happiness.

Happiness with contribution to the world.

Never forget that your attitude and feelings always attract exactly what they convey.

Take charge of your energy.

Sip ice water.

Eat snacks.

Turn up the lights.

Ask questions.

Stretch.

Laugh.

Keep exploring.

Never give up on anyone.

Never give up on life's possibilities.

Never take away another persons hope. It may be all they have.

Talk to children at eye level.

You'll both learn more.

Fall forward.

Never be ashamed of bold ideas.

Honest tears.

A loving heart.

Complain less.

Live more.

At home...

Sing out loud.

Talk to your pets.

Dance in the halls.

Put your feet up on the coffee table.

Be original.

Be passionately romantic.

Be 100% alive.

Keep your promises.

Keep in touch

Keep growing.

Never miss a chance to show someone how much you care.

Never refuse homemade food.

Live so that when children think of kindness, courage, ingenuity, and caring they think of you.

Be the change you wish to see in the world.

Lead by example.

Love as if you will live forever.

Work as if you have no need for money.

Dream as if no one can say no.

Have fun as if you never have to grow up.

Sing as if no one else is listening.

Care as if everything depends on your caring.

...and raise a banner where a banner never flew.

If not now, when?



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