

## 20 For 2020 — Daily Reminders for a Stellar Year

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1. Do something today that your future-self will thank you for.
2. Honor your past (it got you here).
3. Allow for unplanned miracles.
4. Be someone's guardian angel.
5. Initiate an epidemic of kindness.
6. Just because you think it, doesn't mean you have to say it.
7. If it's too difficult to forgive and forget ... just choose one.
8. Walk, don't jump, to conclusions.
9. Constructive feedback isn't a threat. Tell **that** to your limbic system!
10. If you had ALL the facts, you might have a different opinion.
11. Here's an excellent question, "Is this argument really necessary?"
12. Preparation reduces fear and shrinks anxiety.
13. Be your best self *especially* when others aren't being theirs.
14. Generally, yelling doesn't work. P.S. Staying mad? Also a bad idea!
15. Compassion and patience will raise your life's grade-point average.
16. Treat yourself like someone that you're responsible for helping.
17. Expecting others to behave rationally, just might not be so rational!
18. Perhaps the path you've been searching for is the path you're on.
19. "Anything is possible. Even the impossible." (*Mary Poppins*)
20. It costs exactly \$0.00 to be grateful for what you have.