



JOHN MELNICK



Tips to Rise Above in 2016

Dear Tammy,

Tips to "Rise Above" In 2016

Relationships - "Make new friends and keep the old. One is Silver, the other Gold."

Imagine - Imagine new and better things happening to you and your family.

Silence - Take time every day to sit in silence if just for 5 minutes. Wonderful ideas often come to you through listening to silence.

Endure - Human beings have an amazing ability to endure. "This too shall pass" is an adage that may help during rough times.

Accentuate - Accentuate what? The positive of course and look for the "silver lining." It may take a while to show up, but it is there.

Believe - Believe that you can improve your situation. There is help in many places. And in the end, you have the ability to make things better.

Observe - Observe how others handle tricky situations and come out the otherside.

Value - Value what? Value what you have. We often forget how many valuable friends, experiences and other good things we have. Write out lists of them.

Engage - Engage yourself in at least one new activity. New activities can bring new perspectives, new friends and new energies.



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