

**NR\_key\_name:** 144C7984D585EC5085256618004F75F5  
**SendTo:** CN=Laura Denk/O=ARRB @ ARRB  
**CopyTo:**  
**DisplayBlindCopyTo:**  
**BlindCopyTo:** CN=R econd/O=ARRB  
**From:** CN=Kim Herd/O=ARRB  
**DisplayFromDomain:**  
**DisplayDate:** 06/03/1998  
**DisplayDate\_Time:** 10:28:43 AM  
**ComposedDate:** 06/03/1998  
**ComposedDate\_Time:** 10:27:55 AM  
**Subject:** FW: INSTRUCTIONS FOR LIFE. (fwd)  
I was forwarded this from Sarah. I practically started crying..... TO: Ivonne Pagniano/ARRB, Jessica DiFrisco/ARRB, Cathy Rodriguez/ARRB, Kim Herd/ARRBcc: From: Sarah Ahmed/ARRB Date: 06/03/98 08:55:30 AMSubject: FW: INSTRUCTIONS FOR LIFE. (fwd)> >INSTRUCTIONS FOR LIFE> >> >1. Give people more than they expect and do it cheerfully.> >> >2. Memorize your favorite poem.> >> >3. Don't believe all you hear, spend all you have or sleep all you> want.> >> >4. When you say, "I love you", mean it.> >> >5. When you say, "I'm sorry", look the person in the eye.> >> >6. Be engaged at least six months before you get married.> >> >7. Believe in love at first sight.> >> >8. Never laugh at anyone's dreams.> >> >9. Love deeply and passionately. You might get hurt but it's the> only> way to live life completely.> >> >10. In disagreements, fight fairly. No name calling.> >> >11. Don't judge people by their relatives.> >> >12. Talk slow but think quick.> >> >13. When someone asks you a question you don't want to answer, smile> and> ask, "Why do you want to know?".> >> >14. Remember that great love and great achievements involve great> risk.> >> >15. Call your mom.> >> >16. Say "bless you" when you hear someone sneeze.> >> >17. When you lose, don't lose the lesson.> >> >18. Remember the three R's: Respect for self; Respect for others;> Responsibility for all your actions.> >> >19. Don't let a little dispute injure a great friendship.> >> >20. When you realize you've made a mistake, take immediate steps to> correct it.> >> >21. Smile when picking up the phone. The caller will hear it in your> voice.> >> >22. Marry a man/woman you love to talk to. As you get older, his> conversational skills will be as important as any> other.> >> >23. Spend some time alone.> >> >24. Open your arms to change, but don't let go of your values.> >> >25. Remember that silence is sometimes the best answer.> >> >26. Read more books and watch less TV.> >> >27. Live a good, honorable life. Then when you get older and think> back,> you'll get to enjoy it a second time.> >> >28. Trust in God but lock your car.> >> >29. A loving atmosphere in your home is so important. Do all you can> to> create a tranquil harmonious home.> >> >30. In disagreements with loved ones, deal with the current> situation.> >Don't bring up the past.> >> >31. Read between the lines.> >> >32. Share your knowledge. It's a way to achieve immortality.> >> >33. Be gentle with the earth.> >> >34. Pray -- there's immeasurable power in it.> >> >35. Never interrupt when you are being flattered.> >> >36. Mind your own business.> >> >37. Don't trust a LOVER who doesn't close his/her eyes when you kiss> THEM.> >> >38. Once a year, go someplace you've never been before.> >> >39. If you make a lot of money, put it to use helping others while> you> are living. That is wealth's greatest satisfaction.> >> >40. Remember that not getting what you want is sometimes a stroke of> luck.> >> >41. Learn the rules then break some.> >> >42. Remember that the best relationship is one where your love for> each> other is  
**Body:** Record  
**recstat:**  
**DeliveryPriority:** N  
**DeliveryReport:** B  
**ReturnReceipt:**  
**Categories:**