



Some Thoughts on the Secret of Life

*Dance like nobody's watching;
Love like you've never been hurt,
Sing like nobody's listening;
Live like it's Heaven on Earth.*

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Who packed *your* parachute today?

- Charles Plumb, a US Naval Academy graduate, flew jet fighters in Viet Nam.
- Years later, a man approached and said:
 - “You’re Plumb! You flew jet fighters off the Kitty Hawk in Viet Nam. You were shot down!”
- “How in the world did you know that?”
- “*I packed your parachute*”, the man replied. “ I guess it worked!”



He was *just a sailor*...

- “How many times I didn’t say ‘hello’ or ‘good morning’, or ‘how are you?’”
- I was a fighter pilot and he was just a sailor.
- The smallest contribution can sometimes make the biggest difference.
- Fate might be in the hands of those we don’t know, *but that know us*.

We need many kinds of parachutes

- Plumb needed many kinds of parachutes when his plane was shot down.
 - Physical, mental, emotional and spiritual parachutes helped him float to a safe landing.
- In the daily rat-race, we can miss what's really important. *What do you value?*
- Now, as we go, make the time to recognize those who pack our parachute.

The Secret of Life is a Good Cup of Coffee...

- Take into account that great love and great achievements involve great risk.
- When you lose, don't lose the lesson.
- Follow the three R's: Respect for yourself, Respect for others and Responsibility for all your actions.
- Remember that not getting what you want is sometimes a wonderful stroke of luck.



This is Your Life and Welcome to it...

- Learn the rules so you know how to break them properly.
- Don't let a little dispute injure a great friendship.
- When you realize you've made a mistake, take immediate steps to correct it.
- Spend some time alone every day.

It's More than just Workin' and Drinkin' and Dreams...

- Remember that silence is sometimes the best answer.
- Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
- A loving atmosphere in your home is the foundation for your life.
- In disagreements with loved ones, deal only with the current situation. Don't bring up the past.



Keep Your Eye on the Ball...

- Share your knowledge. It's a way to achieve immortality.
- Be gentle with the earth.
- Once a year, go someplace you've never been before.
- Remember that the best relationship is one in which your love for each other exceeds your need for each other.

Rolling Stones Records and Mom's Apple Pies...

- Open your arms to change, but don't let go of your values.
- Judge your success by what you had to give up in order to get it.
- Approach love and cooking with reckless abandon...