

1. Journal. Even one sentence a day helps.
2. Write things down. “The faintest ink is more powerful than the strongest memory” – Chinese Proverb
3. Get enough rest.
4. Have a hobby.
5. Do big tasks a little at a time. If you want to start working out, start with 1 exercise a day.
6. Try not to worry. Here’s a formula for avoiding worry: 1. Get the Facts. 2. Analyze the facts. 3. Arrive at a decision. (as per Dale Carnegie’s “How to Stop Worrying and Start Living”).

Inspirational Quotes to Keeping Positive and Staying Young

“Attitude is a little thing that makes a big difference.”

- Sir Winston Churchill

“Fairy tales do not tell children the dragons exist. Children already know that dragons exist. Fairy tales tell children the dragons can be killed.”

- G.K. Chesterton

“Life can only be understood backwards, but it must be lived forwards”

- Søren Kierkegaard

“The idea is to die young as late as possible.”

- Ashley Montagu

“Remember that nothing is small in the eyes of God. Do all that you do with love.”

- St. Therese of Lisieux

“I think knowing what you cannot do is more important than knowing what you can.”

- Lucille Ball

“A man is what he thinks about all day long”

- Ralph Waldo Emerson

Below is a space for your favourite quotes:

Question: Do you know of anyone who may benefit from Concord’s brokerage services? **We will work hard to do what we can to help you and your friends!**

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