

# Your World Outdoors

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## 11 Principles for Success

Follow the 5 Basic Steps for Good Health. By doing these five steps you will have the energy to implement the remaining 10 principles:

- ◆ Get a lot of fresh air and sunshine.
  - ◆ Get at least 7 hours of sleep at night.
  - ◆ Eat three good meals a day.
  - ◆ Drink plenty of water.
  - ◆ Get enough exercise so that the mind, heart, and lungs are stimulated.
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- ◆ Work very hard at what you do.
  - ◆ Have an Open Mind. Ask Questions. Learn from your mistakes, as well as the mistakes of others.
  - ◆ Live within your means. Don't Waste things.
  - ◆ Read and challenge your mind with new tasks and opportunities frequently.
  - ◆ Love yourself as well as others around you. Practice Forgiving Daily. Think highly of yourself and the work you do. Praise the work or contributions of other people in your life.
  - ◆ Believe in a Power higher than yourself. Through belief, we are inspired and can reach a better understanding of the world.
  - ◆ Set goals in all areas of your life. Review them periodically.
  - ◆ Don't lie, cheat, or steal.
  - ◆ Find time to enjoy Life and be Happy.

***Never Give Up!***

