

## Checklist

“An attitude of kindness and compassion brings a sense of . . . inner strength.”

Dalai Lama

“What you want, above all things, on a raft, is for everybody to be satisfied, and feel right and kind toward the others.”

Huck Finn

“Keep your awakening alive all day long.”

Thich Nhat Hanh

“Strive for excellence.”

Lots of People

“The fun is in the actual labor. The rest is drivel or piffle.”

Woody Allen

“Make sure that you wouldn’t feel embarrassed or ashamed by anything you do or fail to do regardless of who knew about it.”

Anon.