

# Making a Positive Difference

## 7 Life Changing Principles

The practice of these 7 Life Changing Principles can transform you into a more positive person, strengthen your relationships and enable you to make a positive difference in the life of every person you meet.

- Discover the power of focusing on the essentials.
- Experience the joy of seeing others respond positively to you.
- Enhance your ability to manage the stresses of life.
- Find increased meaning and purpose in life enabling you to lead through serving others in your community.

Principle # 1 **RELATIONSHIPS**. The practice of good manners communicates respect, never requires an apology and is essential in forming and maintaining positive relationships.

Principle # 2 **COMMUNICATION**. Listen to others as if your life depended on it and speak to others as if their lives depended on it, because it might.

Principle # 3 **ATTITUDES**. Forgiveness is essential for personal freedom. Patience demonstrates that you don't have all the answers. Hopefulness that is based on truth and knowledge will sustain. Care enough to seek to bring out the best in the other person.

Principle # 4 **LIFESTYLE**. Diet is not only what you take in through your mouth, but also what you see with your eyes and hear with your ears.

Principle # 5 **TIME**. Time is that nonrenewable resource that disregards age and station in life. When held as precious, it rewards with increased appreciation the meaning and purpose of your personal journey.

Principle # 6 **ENERGY**. Practicing "conservation of personal energy" ensures that you will always have enough when you really need it for yourself and for others.

Principle # 7 **WORLDVIEW**. A worldview that is based on truth and knowledge will be internally consistent, stand the test of time, pass the scrutiny of careful inquiry and become a firm foundation for personal growth.

As you internalize each of these principles, it is my hope that you will be encouraged in the journey of life and find that each day brings new opportunities for personal fulfillment.

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