

INTERNALISING, CULTIVATING AND LIVING THE GOLDEN RULE

In February we should be mindful of being **GRATEFUL**.

Our Hoo-Hoo Manual states that to be **GRATEFUL**- the sin of ingratitude should never be ours, blessed as we are with freedom and facilities that do not exist in many nations.

Be **GRATEFUL**, too, to those in the industry who, directly or indirectly, help you to accomplish the objectives of your part in promoting your own interests and the welfare of the industry as a whole.

What is being **GRATEFUL** mean to you?

For me it is the verbalization of my appreciation of another who has helped me or a cause in any degree.

Too often we think of how nice it was of a person to do or say something about me, and other or the workplace and it stays in our head because we fail to communicate it to that person of how **GRATEFUL** we are for his/her actions.

Be alert to the actions and dialog of others and if you regard them as worthy of praise be **GRATEFUL** and tell them so.

Don't keep it a secret.

Catch people doing the right thing and be **GRATEFUL** by praising them immediately.

Health Happiness and Long Life
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