



## VeteranCaregiver.com Video Resource

### Recommended Resources: Appreciation for Ralph's Rules

Appreciating the “rules” or lessons we’ve been given is often delayed until that person is no longer with us. A teacher, grandparent, parent, Scout leader, or pastor may have given life lessons you practice to this day. Let the person who gave you excellent advice know you appreciate it! Here is some wisdom passed on from my father, Ralph. ~Linda

“Don’t let your gas tank go below ¼ of a tank; you won’t regret filling it, but you might if you don’t.”

“When in doubt, leave it out.” Step back and consider before speaking or acting when you’re unsure; do nothing to cause harm. This is especially true for words.

“A shipshape ship is a happy ship.” Keeping things in order means no panic or chaos when you need something. While not always possible, the goal and the practice helps a great deal.

“Never say ‘never’ or ‘always’”. These are absolutes, and inevitably, you will be proved wrong.

“You will not be happy if your face freezes like that.” Ugly or miserable faces aren’t something you want etched on your face years from now.

“Do things right, and preferably the first time”.

“Never burn your bridges, since you may need a way to walk back someday”.

“Balancing our days is difficult, but balancing the seasons of life is a good goal”.

Thank those who’ve made a difference in your life; they will be moved and blessed by your appreciation.

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