

PRESS F1 FOR HELP WHEN IN ANY FIELD.

THE FORM WILL EXPAND TO ACCOMMODATE TEXT OF ANY LENGTH IN THE NUMBERED FIELDS

Seven Pages of Life

...my personal holistic journal...

Name	Jonathan Q. Smith	Date: February 04, 2013
About Today	A great day in Seattle at 45° at 12-noon. Overcast but the sun is trying to break through the cloud cover.	
1. Enrich the Mind	Re-reading The Art of War a work written by Sun Tzu in 500 BC on the art of winning without fighting. I am finding that, not only military personnel study this philosophy, but also business executives.	
2. Attend the Body	Started exercise on the treadmill yesterday.	
3. Feed the Spirit	Had a nice conversation with a new resident here in our retirement community. An interesting addition!	
4. Heed the Past	See 1, above. Some ancient writings have true application even in today's modern world.	
5. Live the Present	Aging isn't so bad. Seems like elders are treated with a fair degree of respect...probably our greying hair!	
6. Create the Future	Reviewed our finances this morning and it appears we have invested relatively well.	
7. Celebrate Success	We're eating out this evening, a nice reward for what appears to be an excellent day!	