

# TRIP'S Tips

TREAT PEOPLE THE WAY **YOU** WOULD LIKE TO BE TREATED

*Smile at least 5 times a day*

**YOUR ATTITUDE** EACH DAY IS **YOUR CHOICE**

*Take care of your body and your mind*

**BE A PERSON OTHERS CAN TRUST AND COUNT ON**

*Don't stress about things you cannot control*

**Do what you can do to help others**

**DON'T KEEP UNHEALTHY RELATIONSHIPS**

*Don't engage in behavior that can cause "Simba" like symptoms*

**Find something you like and work hard**

*Go get a summer job in a place you have never been*

*Children learn what they live—be a good example*

**Be nice to your siblings—it is the longest relationship of your life**

**DON'T GET ADDICTED TO ANYTHING**

**DREAM BIG**

*Don't hate*

**LOOK OUT FOR YOUR FRIENDS**

**ONLY YOU CAN CHANGE YOUR LIFE**

*I sincerely wish you the best of luck in the rest of your LIFE journey*

*Sue Brown Triplett  
Class of 1986*