

Strategies for Living Unlimited Book of Wisdom

1. Look into the empty places in your life and start to light **candles of hope** everywhere.
2. Money can't make you happy but chasing it can sure make you miserable.
3. **Live rich without being rich.** It's much cheaper.
4. Have you ever walked for spiritual fitness? **Listen to the quiet in yourself** until you learn to like it.
5. Live in expectation that "**this time will be different.**"
6. Any opportunity we have to reduce stress, simplify our thoughts and look for peace is a great opportunity.
7. Experience nature first hand just because you can. Only supplement your experience with TV and movies **if necessary.**
8. It's not how much money you spend that counts but **how you spend what you have** that matters.
9. Sometimes you have more time than money and sometimes you have more money than time. Wisdom is knowing the difference.
10. The best way to save a lot of money is not to spend it.
11. Time passes.
12. Learn from your mistakes.
13. Shop in haste; repent in leisure.
14. Don't give greed any room in your heart.
15. A wedding is only one day in the life of a marriage.
16. To reinvent your priorities, spend some time in a historic house.
17. Go to a funeral to learn how to live.
18. Give thanks to God for what you have.

19. Give thanks to God for what you don't have.
20. When the rest of the world is pressing, pause.
21. **Lovely is always in.** Ugly, as beautiful, goes in and out.
22. Most of the time, less is more.
23. If you are in business, aspire to be in the Strategies for Living Unlimited Hall of Fame. Our motto is honesty, fairness, integrity, and cost effective deals that reflect a standard of fair play and living within one's means in an ugly world of sharks, barracudas and greed.
24. Be brave and stop and give yourself a chance to **catch up with the speed of stillness.**
25. Form function, aesthetics and utility, design and usefulness must all be in balance to justify an expensive purchase of anything.
26. Living rich is living well without much money.
27. Travel the curvy country roads that the rich call bucolic and the poor call home.
28. Some call it a bunch 'o junk; some call it collectibles.
If you haven't touched it in a year, call it clutter. Remove it.
29. Striving daily for more and more income makes one nervous and anxious and can prevent you from really experiencing life with an open heart.
30. The less you do, the more time you can spend with the people you love. The less you do, the more time you can spend meditating on what is important and how you can walk with God each minute.
- 31. What is the most important minute of your day?
The minute you are in.**
32. It is important for us to be present in each moment because it may be the last moment we will have.
33. Dare to reinvent your life. Where is it written that you can't?
34. Gather your resources to deal with solitude. They will be your most precious possessions.
35. To learn a good work ethic, work in a Chinese restaurant.

Owners, cooks, busboys, and delivery people all work hard.
No one says, "That's not my job." Everyone pitches in where needed.

36. Where is it written that job descriptions from the highest to the lowest
can't include a thorough cleaning of the workstation or office space?

37. Imagine a life that is so mentally and spiritually healthy
that money and energy don't get overdrawn.

38. Talk is cheap. Action is expensive.

39. Everything in a budget is negotiable.
There are no expenses that cannot be lowered.

40. If a business or store doesn't want to answer your questions, move on.
Take your business elsewhere.

41. There is always a cheaper way. Ask questions until you find it.

42. Parents of teens are in denial about the
harmful effects of joblessness on their kids.

43. Protecting children from getting their hands dirty and from working hard
when they are young is a form of child abuse. It harms them and prevents
them from growing up to assume the responsibilities of adulthood.

44. **Delayed gratification makes everything sweeter.**
Delaying purchases, pleasures, rewards, and almost any experience,
enriches the ultimate fulfillment more than you can ever imagine.
It is an almost extinct virtue.

45. **Silence can be noisy if it is impatient.** Patient silence is quiet.

46. Sensing when to speak and when to stop is a learned skill.
It would be wise to achieve it.

47. **Embrace who you are, where you are, when you are there.**

48. Yard sales may be the second most popular warm weather sport after
baseball.

47. At yard sales, do unto others exactly as you would have them do unto you
– or expect consequences that you do not intend.

48. Toxic people can be emotional or psychic vampires. Avoid them.

49. Let the wonder of a new day, no matter the weather, seep into your soul deeper than coffee goes into your veins. Then resolve to rethink all your spending this very day.
50. Spend your time, your money, your thoughts, your experiences, and your spirit with the skill of a surgeon.
51. Learn to use language with the skill of a surgeon.
52. Learn to listen as though each word were the oxygen you needed to breathe.
53. Just because you said something doesn't mean it was heard.
54. Gifts perfectly given should make the recipient feel loved and cherished.
55. Practice the attitude of gratitude.
56. Cultivate your memory and take less pictures. Sentiment is expensive. Memories are free. Save only what is essential for the present. Toss the bits and pieces of the past when they fail to rise above the status of clutter.
57. Price gouging is poor etiquette. I recommend fairness in all things.
58. To reduce your mobile phone bill, reduce phone calls. Visit your friends in person, send emails or letters and think your own thoughts.
59. If there is a vacancy in your bed next to you, fill it with a whole body pillow. Have a comfortable sleep, sweet dreams and save sex for marriage.
60. Imagine pioneer families who "made do" and thrived on homemade, borrowed or heirloom baby gear. Use your imaginings to develop a perspective. You will make better decisions for your family's purchases.
61. Practice sanity and logic in your decisions before your baby is born and it may become a habit.
62. Stocks may come and stocks may go, but real estate is forever.
63. Whether you plan to sit on a porch and rock when you retire, or be "refired" into some inspiring and fulfilling second career, you will still have expenses. Plan for them.
64. Pay your taxes, keep good records and aim for financial health. It beats the alternative.

65. Remove the instants from your life: instant coffee, instant breakfast cereal, fast food, and more. Plant a flower in a tiny pot and watch it grow. Bond to it and know when it needs water before it tells you by turning brown.
66. Use your 5 senses to taste, see, hear, smell and feel with your whole body.
Listen with your toes, taste with your whole body,
and smell as you breathe deeply.
67. What color is sunlight? What color is shade? Try to describe each one.
68. How deeply can you savor a moment? You don't have to fly to Fiji, Bali, Hawaii or any other "i" to find your sweet corner of the Earth. I'll bet you can find the "i" you are looking for within a block of your home if your eyes are open and you walk slowly.
69. Deep truth, wisdom and knowledge don't travel faster than the speed of light. They can only be experienced and known by us when we pause and stop and quiet ourselves inside and out. If that seems impossibly slow, be brave and stop to give yourself a chance to catch up with the speed of stillness. It may be just right.
70. I'm issuing a call for all husbands, fiancés, and honorable suitors to indulge the objects of their affections with a lavish display of love and devotion on Valentine's Day. Why? Perhaps if we restore a little romance and on this one day, it will leak onto the next.
71. No matter what you think you need, think again. Look for alternative solutions for every shopping problem. If you are real with yourself, you probably will find that you don't really need anything.
72. Every serious moment has the possibility of hilarity in it.
73. Sometimes our enemies do us favors that they do not intend.
74. New beginnings are precious.
God gives us new sunrises and new sunsets each day.
He's a specialist in the renewing business.
75. It is often said that children need "quantities of quality time" in order to feel loved. That should be amended to children of all ages with no statute of limitations.
76. Handwritten notes of appreciation never go out of style.
77. God accepts conversations toll-free, even in the middle of the night.
78. Use courtesy, tact, and just the facts when negotiating.

Don't violate standards of decency.

79. You can give expensive gifts on any budget. For example, one expensive washcloth, a few airplane size bottles of a liqueur, several sample sized perfume or aftershave vials, cashmere socks or designer hose, a bone china mug, a pair of candles, a travel kit of necessities, a damask napkin, a month of Netflix, single issues of a few special magazines or other small items that connote luxury despite the low price, are good choices.

80. Work out for mental, spiritual, and physical fitness.

81. Use sticky notes to mark special pages in favorite books, manuals, ledgers, magazines, and Bibles to highlight passages without ruining the pages for others.

82. Men, enlist your wives, sister, special friends and mothers to make sure your neck is shaved and clean. If this won't work, shave it "by feel" in the shower. A hairy neck detracts from otherwise good grooming.

83. Orthopedically designed clogs are less expensive than repeated visits to chiropractors, massage therapists, and physicians.
Invest and do your back a favor for life.

84. We all have choices as to where we shall live and how we shall live.
Remove the prison bars of your mind and live better.

Life is Eternal

Trippingly flows the brook along
Gaiety rippling across the stone
Happily as children's laughter.
Stop! A rotting log lies there.
Then over it trippingly runs the brook.

Poem was written by Jill Kamp Melton at age 11
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