

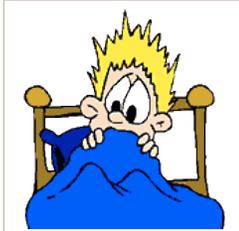
Safety tips:

Stomp Out Obstacles Seize Opportunities



Crime

All crime is stealing; kidnapping, theft, all the way down to the taking of someone's reputation through gossip. Crime has a way of starting off subtly like harmless graffiti, up to the largest crime, the taking of someone's life. If the smallest crimes are left unchecked they tend to grow into bigger problems. Being aware of this well-known phenomenon gives you a focal point from which to discern all threats.



Fear

That hair you feel rise on the back of your neck is fear. It is good; it's a warning sign that keeps you safe. First, know that there are different kinds of fear- When motivational speakers talk about pushing past fear, they mean the kind that keeps us from following our dreams, that's good advice. However; the kind of fear I am talking about keeps us safe. Don't be paralyzed by it or push past it, rather listen to it, respect it and act wisely on it.



Observations and Judgments

Pay attention to your inner voice, for there is absolutely a normal and a not normal. All too often today, we hear the words, "Don't judge me." Fine, we will move on to another word, "observations;" they are necessary to identify a threat. Don't be afraid to internally evaluate if something is good or not. If you feel the hair rise on the back of your neck, your observations of this person situation or environment are probably right, go the other way.



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Family

Have a positive inner voice, speak highly of yourself, value yourself, respect yourself, and know that you are worthy of protecting. This attitude will spread to your family, a rare and precious thing today. A fascinating thing happens when you are living a positive and proactive life, you are not reacting to outside stimulus. You are in control of life it is not in control of you.



Friends

People who genuinely care about us are friends. Everyone else is an acquaintance. A good friend should be healthy inside and out, and they care about what goes in their bodies, minds and souls. They are good listeners and are loyal. I think there are a lot of nice people, but niceness does not equate to goodness. As George Washington once said, "Be courteous to all, but intimate with few, and let those few be well tried." You should strive to be the same kind of friend.



Be a Renaissance Person

Truth is beauty, study the things that are beautiful and you will never be in doubt of what is beautiful or who is beautiful. Lies and liars are repelled by truth and beauty. By being a lifelong learner you will hone this ability to recognize truth which will always keep you safe from danger and bad decisions. Being a lifelong learner also makes a person well-rounded, interesting to talk to, and optimistic.



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