

EAS/EmployeeAssistanceServices

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The Courage to Follow Our Convictions

**People are often unreasonable, illogical and self-centered;
forgive them anyway.**

**If you are kind, people may accuse you of selfish, ulterior motives;
be kind anyway.**

**If you are successful, you will find some false friends and some true friends;
succeed anyway.**

**If you are honest and frank, people may cheat you;
be honest and frank anyway.**

**What you spend years building, someone could destroy overnight;
build anyway.**

**If you find serenity and happiness, they may be jealous;
be happy anyway.**

**The good you do today, people will often forget tomorrow;
do good anyway.**

**Give the world the best you have, and you may get hurt;
give the world your best anyway.**

**You see, in the final analysis, it is between you and God;
it was never between you and them anyway.**

Mother Teresa quoted in Stephen Covey's The 8th Habit, from Effectiveness to Greatness

**-“New Skills for Living”, interview with Psychotherapist Kathy Schwerin, MFT,
Sunday, March 18, 6:30 AM, KOLOTV, CH8, “Meditation: Peace, Health, Wellness”**