

10-16-83

FIRST NOTES RE D.C.'S "HTSWASL".

KEEP BUSY. I LOVE TO READ $\hat{=}$ SHOULD
ALWAYS HAVE BOOK IN PROGRESS.
BELOW A LIST OF BOOKS I WANT TO
READ OR RE-READ.

1. How to STOP WORRYING. D. C.
2. ROCK ON
3. ERRONEOUS ZONES By W. Dyer. (RR)
4. T. Magee Series
5. TOP 40
6. SEEDS OF SUCCESS by Dennis Whately.
7. BOOK ON AUTOMOTIVE MAINTENANCE
AND REPAIR.

2 OTHER ITEMS TO ADD TO DAILY ROUTINE

1. Auto Suggestion TAPE
2. 30 MIN OF EXERCISE

10-23-83

FINISHED "How to STOP WORRYING". REALLY
VERY GOOD IN LIGHT OF WHEN IT WAS
WRITTEN (1948?). READ MORE MOTIVATIONAL
BOOKS.

Saw Michael Keaton in Mr. Mom.
A Good Movie. Even had a message.

Need to ~~buy~~ buy new Omni.

11-18-83

KBOA STAFF MEETING. SUBJ. - NEW OWNERSHIP. MORE B.S. FROM C.E. WE AINT HIT BOTTOM YET.

K.R. will quit before end of the year.

11-24-83

THANKSGIVING. VISITED MOM-POP. DINNER WITH MILTENBERGERS. WORKED NOON-2pm. NICE TALK WITH AUNT AMY (75). I HOPE IM THAT TOGETHER.

THINGS FOR WHICH I'M THANKFUL:

1. BARB
2. MOM AND DAD
3. Blane
4. BARB'S FAMILY
5. FRIENDS: John, Nancy et al.
6. WORK.
7. HEALTH.
8. EDUCATION
9. TALENT
10. NICE PLACE TO LIVE
11. LOVE OF READING
12. BASKETBALL.
13. God.

12-11-83

SUNDAY. WENT TO CHURCH. Gabe TOLD THE STOREY ABOUT THE 2 SETS OF FOOTPRINTS IN THE SAND... I CAN ONLY BELIEVE I WAS BEING CARRIED DURING THE LAST YEAR.

1. MOM IS HOME FROM HOSP.
2. Blane FINISHED HIS MASTERS.
3. DAD HAS A GOOD JOB.
4. WE HAVE A NICE PLACE TO LIVE.
5. I HAVE A JOB IN RADIO.
6. BARB HAS A JOB SHE LIKES.
7. WE HAVE GOOD FRIENDS.
8. I AM COMPLETELY HEALTHY.

AMEN!

"SEEDS OF GREATNESS" by Denis Waitley

Goal STARTER IDEAS:

Physical:

1. I WILL EXERCISE 30 MIN., ⁵ TIMES PER WEEK.

2. FAMILY:

I will visit my parents once
per week.

3. FINANCIAL:

I will will put at least
\$50 a month in my IRA.

4. PROFESSIONAL

I will send out one
air check per month.

5. COMMUNITY SUPPORT

I will offer to speak at
clubs or groups / do m.c.
shot.

a. visit school?

6. MENTAL:

I will read 10 self improve-
ment books in '84.

7. SOCIAL:

I will listen more and talk less.

8. SPIRITUAL

I will attend church on Sundays
I am not working.

I will spend more time (daily)
in prayer and meditation.

I will make more effort in loving
and serving others.

A FEW MIND GOALS

1. Buy fruits/veg. and other non-junk
foods wk. at a time and have
it at work.

e.g. Buy a Bag of apples etc

2. Pull a weeks worth of oldies
for the 2-3pm hr.
Do it just ONE WK.

(over)