

ONE MINUTE FOR MYSELF

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- **I treat myself the way I would like others to treat me.**
- **Simplify.**
- **In one minute I can change My attitude . . .
And in that minute I can change my entire day.**
- **When I take good care of myself, I feel less angry . . .
toward myself and others.**
- **And when I am happier I work better and I treat others better.**
- **The greatest reason for outer success . . .at work and in life . . .is inner success.**
- **I realize that taking care of business, means taking care of my "Self."**
- **I often stop during the day for One Minute to look and listen.**
- **I look at what I am thinking or what I am doing and ask myself,
"How can I take good care of myself?"**
- **I quietly listen for an answer within me--to the wisdom of my 'Best Self' and discover what is
really best for me.**
- **When I *clearly* see what is best for me, I usually do it.**

WHY IT WORKS:

- **When I take good care of myself, I am less angry and happier . . .with myself and others.**
- **When I am happier, I work better. And I treat the people around me better.**
- **One of the best ways I can help other people is to encourage them to take better care of
themselves and to reward them when they do.**
- **When other people take good care of themselves they are happier. . . with themselves
. . . .and with me!**

***I love myself enough to give myself this gift . . .
it can only come from me.***