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**NEWSLETTER**

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TEN TRAITS OF SUCCESSFUL  
 PEOPLE

Successful people in all walks of life have ten basic traits, says author Robert M. Schwartz. These traits are as follows:

1. They have the RIGHT ATTITUDE. That attitude is that you are RESPONSIBLE TO YOURSELF and that no one else owes you anything.
2. They DEVELOP A PLAN AND STICK TO IT. Successful people don't change course easily and they stick to things in order to succeed.
3. They ACT CONFIDENT. Successful people know what you think of yourself projects outward from yourself to others. Walk with good posture. Talk clearly so people can understand you. Make eye contact. Even if you don't feel confident, you will appear to be....and you often are treated as your body language "says" you want to be.
4. They DEVELOP A SUPPORT GROUP. Learn to make friends. To get friends, be a friend. Be available when others need you and they'll likely be there when you need them.
5. They LEARN TO BOUNCE BACK. On the road to success are a number of failures, but when you don't succeed, evaluate why you didn't, and learn from your mistakes. Then TRY again. No "failure" is permanent.
6. They STOP PUTTING THINGS OFF. Break your plans into small steps.... remember, every day can only be lived ONE DAY AT A TIME, one moment at a time.
7. They LIKE THEMSELVES. Don't try to impress others or be a phony---accept yourself for what you are. Of course, you can always improve yourself, but if you start out by liking yourself, you'll like yourself even better when you've made your improvements.
8. They ARE REALISTIC. Set goals that can work, then work at them!
9. They DON'T EXPECT LIFE TO BE FAIR. Life treats all of us badly sometimes. Don't give energy to negative thoughts.
10. They HAVE FUN. Relax!

**Cafeteria Noon Menu:**

Dates: OCTOBER 2 to OCTOBER 6

|         |                              |
|---------|------------------------------|
| Mon.-   | Cold Pork Sandwich with Soup |
| Tues.-  | Lasagna                      |
| Wed.-   | Sloppy Joe-on-a-Bun          |
| Thurs.- | Corned Beef and Cabbage      |
| Fri.-   | Fish Platter                 |

