

Sig March 25th

Over the last week, I have been working on several chapters for our upcoming book "Conversations of Significance." One in particular is centered on Doug Momary and his wife and partner of 54 years, Emmy Joe.

You may know Doug and Emmy Jo from The New Zoo Revue, a children's television show that ran from 1972-77 and was syndicated with re-runs well into the 1990's.

Unlike Sesame Street, this pioneering television series was focused on relationships, not learning how to count or recite the alphabet. Remarkably, Doug wrote well over 600 original songs to support the lessons on 196 episodes.

Here are a few significant nuggets that came from the series.

- To become kinder, more loving individual action is required.
- Begin each day by asking how can I be of service to others?
- Your chances to be of service are endless.
- Do a favor and don't ask for or expect, one in return.
- Think of your problems as potential teachers.
- Be easy on yourself, accepting all aspects.
- Have the generosity to forgive yourself for what you are not.
- Remember that 100 years from now, no one will remember this moment. Keep a proper perspective.
- Happiness comes from good relations with family and friends. Be a peacekeeper.
- Set primary goals in life for happiness, grace, optimism and love. Tap into your loving-kindness.
- Consciously decide to want less.
- Stay in your own lane. Your own life is complex enough to shift over and solve others' issues.
- Live as if tomorrow is your last day and treasure yourself.

Favorite Podcast of the Week: Enjoy comedy writer Richard Sparks, creator of Rowan Atkinson's famous comedic skit "Schoolmaster" on this fun episode of Success Made to Last. <https://www.spreaker.com/episode/success-made-to-last-with-author-and-comedy-writer-richard-sparks-new-rock-new-role--59115816>

Book I'm Reading: "Played- The Games of the 1936 Berlin Olympics." It's a cauldron of sports, world politics, courage and even espionage featuring characters like Charlie Chaplin, FDR, Eva Braun, and of course, the madman with the mustache. I think you might like it, too.

Quote I'm Pondering: "Don't interrupt others of finish their sentences." Dr. Richard Carlson

Have a good week as we head to Easter Sunday. Rick