

FAITH Believe in something greater than yourself. **Feed your spirit.** Fear is a poison. **Faith is the antidote.** Achieve more by doing less. Instincts rule: 'familiar' = 'safe,' even when it hurts. Music sways emotion.

Failure looks like the end of the road - until you make a new path. **If you must procrastinate, postpone fear.** Find quiet stillness daily.

Believe those who believe in you.

Fear signals the need for change. Small stepping stones build tall towers. **FAMILY**

Help is a two-way street. Give. Receive. **Make your expectations clear.** Prioritize your family to show they are valued. **People matter.**

The best gift you can give is attention... and time.

Relationships and gardens both need care to grow. Honor family time. Give your best face to your family. **Your activities reveal your priorities.**

FITNESS Family is not business. Sometimes, friends are as family. Children aren't the only ones who need boundaries. Nothing is more beautiful than character and integrity.

Learn something new every day. Food is fuel. What do you hunger for? Better questions get better results. **Read beyond your comfort zone.**

Appearance reflects self-worth. **There's only one you.** Care for it accordingly. Take a walk - it clears the mind, refreshes the body, renews the spirit.

Expand your vocabulary. Invest in your mind. **Teach something today.**

Dance on your feet and in your heart. Work when you're working. Play when you're playing. What is Priority One today? Do it first. **FORTUNE**

Money is not character... but always reveals it. Money is a tool.

Your financial house needs a strong foundation.

Saving: exercise for your wealth muscle. Your spending reveals your priorities. **Create a plan for wealth and work it.** Real giving expects nothing in return.

Money is a seed. There is a time to sow, a time to reap.

FREEDOM Financial security gives you freedom of choice. Money can divide your heart and home if you let it.

Enjoy life responsibly. Good enough rarely is. Not enough usually is.

Make time for fun. Play well with others. **Find something to savor each day.**

Life is short. Don't wait to enjoy it.

Good friends make good company - even on bad days. **Silliness can be quite sensible.**

You are more fun when you smile. **Joyful activity refreshes mind and spirit.**

You might as well have fun with it! "Should" is not a decision. Decide. Take action. Be Free.

INSCRIPTIONS FROM THE SECRET WATCH