

## John Wooden's Strategy to Find Happiness...

1. Promise yourself that you will talk health, happiness, and prosperity as often as possible.
  2. Promise yourself to make sure all your friends know there is something in them that is special and that you value.
  3. Promise to think only the best, to work only for the best, and to expect only the best from yourself and others.
  4. Promise to be as enthusiastic about the success of others as you are about your own.
  5. Promise yourself to be so strong that nothing can disturb your peace of mind.
  6. Promise to forget the mistakes of the past and press on to greater achievements in the future.
  7. Promise to wear a cheerful appearance at all times and give every person you meet a smile.
  8. Promise to give so much time improving yourself that you have no time to criticize others.
  9. Promise to be too large for worry, too noble for anger, too strong for fear, and too happy to permit trouble to press on you.
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## How to Avoid Grievances

1. Get all the facts: what went wrong...not who is to blame.
2. Stay calm: find solution together... Don't permit emotion to take over. *Reason.*
3. Criticize in private: Listen if you want to be heard. Disagree without being disagreeable.
4. Commend before and perhaps after you criticize. Help save face.
5. Keep your criticism constructive. – Criticism is to correct, help, improve and prevent... not to punish.

***-Treat all people with dignity and respect.***

When in charge; ponder

Looking back it seems to me

When in trouble; delegate  
When in doubt; mumble

All the grief that had to be  
Left me when the pain was o'er  
Stronger than I had been before.

-Handwritten inserts in John Wooden's copy of *The Art of Living*, by Wilferd Peterson.  
The copy is 45 years old.

## *Northern Wolves Basketball*