



At the end of the lesson, the student will be able to:

- * share things he/she has learned in life and learn more about life.
- * share attitudes that we need to cultivate in life.



Read:

- You are responsible for your own happiness.
- No one can diminish your self-esteem unless you give them permission to do so.
- When something is troubling you, talk about it to people. You trust instead of trying to cover it up. You may be surprised to find that they have been through something similar.
- Don't pass up an opportunity to tell people you care about them. You may never get another chance.
- Reserve judgment until you know all the facts. Even then, keep your mouth shut if no useful purpose will be served by adding your two cent's worth.
- Be grateful for your good health and the health of those you love.
- Be aware that without good health, wealth and success mean little.
- If you enjoy your work and your life, you are rich. If you aren't happy with either, how can money help?
- Try to put together the best overall package of ambition, kindness, consideration, self-esteem and intelligence you can. Otherwise, you'll spend your life alone.
- You can respect and learn from people even if you don't like them. You can learn something from anyone, because every person in the world knows something that you don't.



Comprehension

1. What do these phrases mean:
I blew it
take out on others
two cents worth
2. "Nobody can give you a better advice than yourself?"
(Explain what it means.)



Let's Talk!

1. What have you learned from your parents?
2. What have you learned from your best friends?
3. What have you learned from your teachers?
4. What have you learned from your boss?
5. What are the most important lessons in life you've learned so far?
6. What are life lessons that you want to teach your children?