

E Exercise your mind, body, and soul.

N Never grow up. Keep learning, growing, discovering, and playing.

J Join and get involved - civically; socially; professionally; faithfully; humanly.

O Own your actions and decisions. Be responsible.

Y Yes...you can. Stretch yourself to do your best at new things and with new experiences.

L Love.

I Initiate. Make things happen and create your successes.

F Follow your dreams. Do what you do well.

E Engage. Have passion...for a cause; for what you do; for who you are; for what you stand for.

Live this day as if it is your last.

Learn from the past. Consider tomorrow a gift.