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### **Momma Says...**

Laws of Life? Piece of Cake! My momma says there are seven: Stand up Straight, Say Please and Thank you, Make your Bed, Eat your Veggies, Do your Homework, Say your Prayers and Always Wear Clean Underwear.

#### **Stand Up Straight**

Stand up for your beliefs. Let your voice be heard; speak for those who cannot stand up for themselves. Be passionate and courageous in your battle to make the world a better place in which to live.

#### **Say Please and Thank You**

Show respect for your elders by always using good manners. A friendly smile warms the heart encouraging others to be courteous. Be thankful for all that you have within yourself because material things fade.

#### **Make your Bed**

You have to live with the decisions you make in life. As the Golden Rule states, "Do Unto Others As You Would Have Others Do Unto You."

#### **Eat Your Veggies**

This big world is populated with a garden variety of souls-personalities, tastes, shapes, colors and sizes. Enjoy what each has to offer. Each veggie represents a unique blend of self-worth, self-discipline, and image. View a carrot as a role model. Improve your vision. See things through another's point of view-a fresh perspective through another's eyes.

#### **Do your Homework**

Know the world around you. Be responsible. Experience life by taking intelligent chances. Learn something new every day. Dream big and set realistic goals.

#### **Say your Prayers**

You must have Faith, Love and Hope to achieve your dreams. Have Faith in yourself and others. Love your neighbor as yourself. Hope for new beginnings and expect the best. Pray for God's Will to be done.

#### **Always Wear Clean Underwear**

Enjoy a healthy lifestyle. Clean living includes following the Ten Commandments. Always be truthful; don't sling dirt. Strive for a stain-free reputation. Most importantly, Remember to Laugh.

Stand up Straight, Say Please and Thank You, Make your Bed, Eat your Veggies, Do your Homework, Say your Prayers and ALWAYS Wear Clean Underwear because Momma Says.