

# Get High 5!

**Does this world make you Crazy?**

**Loving** God, Yourself, Family and Others  
**Leading** and following  
**Laboring**  
**Learning**  
**Laughter and Leisure**

Do you often feel **afraid, lonely, deeply sad, lifeless, bored, full of rage, empty or even suicidal**? Like you have no purpose for being in the world?

Do you at times depend on **drugs, alcohol, crime, pornography and other sexual addictions, gambling and violence**, or need excessive television, shopping, entertainment, food, internet and video games to cope?

## You do have a purpose!

Simply ask yourself the questions on the back of this page as you go about each day, or at day's end, and begin to **move forward, one step at a time in a positive way**. (This will not be easy, but easy isn't always best). **Eventually your life will slowly get better, and you can be happy**.

Discuss these things in your family, and evaluate your child's life along these areas, teaching them the "High Five". As you begin to see the power of this message, **please duplicate** this document and share it with friends, relatives, and neighbors, and **politely** ask if you may post or leave as many copies as you can in prisons, stores, libraries, schools, medical centers, treatment centers, and other places of business until **everyone** is doing the "High Five". Think of other creative ways to share the "High Five" through internet, music, arts (including jewelry), sports, and **wherever you travel**. If one person is able to have a better day, or a better life because of your efforts, and in turn they copy, use and share "High Five", **you will have done something to positively change the world!**



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## The “High Five” Questions

1. Have I **LOVED** God, Myself Family, and Others?
  - A. Have I asked God what is **MY PURPOSE** for being here? Have I asked for strength for myself or others today? Have I asked for forgiveness? Have I focused on the good things in my life?
  - B. Have I told myself that God loves and forgives me, and has given me **special qualities**? Have I eaten healthy foods and drinks, exercised, used good hygiene, taken needed medication, gotten sunlight using sunscreen, and rested?
  - C. Have I **honored, loved, and respected** my parents, spouse, children, siblings and relatives? Have I tried to say “I Love You”? Have I said “I’m sorry”, and forgiven them for past hurts?
  - D. Have I tried to **reach out to someone** in some way, however small, such as a compliment, a smile, a hug, or a friendly “hello”? Have I touched someone, or even an animal or a plant in a caring way?
2. Have I been a **LEADER AND A FOLLOWER**?
  - A. Have I committed myself to **going forward in life**, doing at least one positive thing daily and refusing to be overcome by harmful addictions. Am I seeking to fulfill my purpose, even after I fail?
  - B. Have I **kept my eyes open for positive role models**, and tried to respectfully learn from them, knowing that they also will fail, sin, and make poor choices at times? Can I forgive them and go on?
3. Have I **LABORED**?
  - A. Have I **done at least one productive thing** each day, and been willing to work hard to survive and prosper?
  - B. Have I **done my best** in school or at work?
  - C. Have I **used my money wisely**?
4. Have I **LEARNED**?

Have I **enriched my mind** by talking with others, attending school or workshops, reading, listening to books on cassette, or watching something worthwhile on television?
5. Have I **LAUGHED** and had **LEISURE** time?

Have I tried to make my work fun, **looked for humor in each situation**, and enjoyed a hobby or other recreation?



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