

High 5 Foundation

Does this world make you Crazy? Get **High 5** On

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

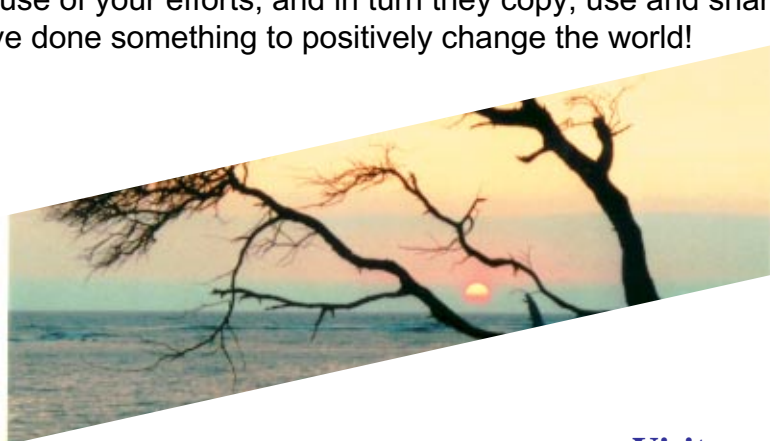
Do you often feel afraid, lonely, deeply sad, lifeless, bored, full of rage, empty or even suicidal? Like you have no purpose for being in the world?

Do you at times depend on drugs, alcohol, crime, pornography and other sexual addictions, gambling and violence, or need excessive television, shopping, entertainment, 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 you 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 copies as you can in prisons, stores, libraries, schools and other places of business until everyone learns the High Five , think of other creative ways to share the High Five through internet, music, art, 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!



Visit our website
<http://www.high5foundation.org>

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, children, siblings and relatives? Have I tried to say “I Love You”.
 - 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, do at least one positive thing daily, 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, 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?

