

Synergy of Minds

Newsletter Issue Three

June 1st, 2023



Newsletter brief:

We thank you for once again taking the time to check out our latest Newsletter number three. We appreciate your ongoing support and following. Our aim is to produce 1 Newsletter monthly which we will look to email. All subscribers can expect to have our latest newsletter emailed to them directly. Alternatively you can download it now or any other time. All Newsletters will be stored and available ongoing. The aim is for you to fully digest our Newsletter in just a few minutes of your busy Life schedule.

There will be a variety of things to interest you. We hope you will join us each month. Please feel free to comment on your findings. It's definitely great to have you onboard. Thank you for trusting us and subscribing. We especially appreciate you!

Affirmations of the Month –

I look to express Gratitude for the most important things in Life...
I always strive to be Excellent at every given opportunity...
I focus on both my mental and physical wellbeing every day...

Quotes or Tips of the Month:

Commit a challenge you are having to your subconscious mind (just before going to sleep) and there is a possibility it could well be resolved for you when you wake up in the morning...

Exchanging a smile with a stranger could help to brighten both they're day and yours...

Make a difference in helping others less fortunate than you

Inspiring thought:

Always trust your instinct because it's never wrong...

Inspiring Funny story:

The Retirement Cruise
-- Author Unknown

About 5 years ago my friend and I were on a cruise through the western Mediterranean aboard a Princess liner. At dinner we noticed an elderly lady sitting alone along the rail of the grand stairway in the main dining room.

I also noticed that all the staff, ships officers, waiters, busboys, etc., all seemed very familiar with this lady. I asked our waiter who the lady was, expecting to be told she owned the line, but he said he only knew that she had been on board for the last four cruises... back to back.

As we left the dining room one evening I caught her eye and stopped to say hello. We chatted and I said, "I understand you've been on this ship for the last four cruises". She replied, "Yes, that's true." I stated, "I don't understand" and she replied, without a pause, "It's cheaper than a nursing home".

So, there will be no nursing home in my future. When I get old and feeble, I am going to get on a Princess Cruise Ship. The average cost for a nursing home is \$200 per day. I have checked on reservations at Princess and I can get a long term discount and senior discount price of \$135 per day. That leaves \$65 a day for...

1. Gratuities, which will only be \$10 per day. And the rest can be put into the slot machines.

2. I will have as many as 10 meals a day if I can waddle to the restaurant, or I can have room service (which means I can have breakfast in bed every day of the week).

3. Princess has as many as three swimming pools, a workout room, free washers and dryers, and shows every night.

4. They have free toothpaste and razors, and free soap and shampoo.

5. They will even treat you like a customer, not a patient. An extra \$5 worth of tips and your casino winnings will have the entire staff scrambling to help you.

6. I will get to meet new people every 7 or 14 days.

7. T.V. broken? Light bulb needs changing? Need to have the mattress replaced? No problem! They will fix everything and apologize for your inconvenience.

8. Clean sheets and towels every day, and you don't even have to

ask for them.

9. If you fall in the nursing home and break a hip you are on Medicare; if you fall and break a hip on the Princess ship they will upgrade you to a suite for the rest of your life.

Now hold on for the best! Do you want to see South America, the Panama Canal, Tahiti, Australia, New Zealand, Asia, or name where you want to go? Princess will have a ship ready to go. So don't look for me in a nursing home, just call shore to ship.

P.S. And don't forget, when you die, they just dump you over the side... at no charge.

Short Posts:

Life is a Self Fulfilling Prophecy

Fundamentals are key to Life – don't try to re-invent them.

If you always do what you've always done, you'll always get what you've always gotten

Learn to be specific by asking others clarifying and qualifying questions

Ensure to be a good listener and you'll hear better what people have got to say

One of the latest Articles to be uploaded to our Website:

<https://www.personal-improvement.eu>

Do We Really Become What We Think About?

There must be Truth in the words - We Become What We Think About most of the time...

Yes we do become what we think about most of the time... Continued focused thoughts about the same subject and then when elevated and combined with emotions our thoughts will eventually become our reality... Persistent sustained thinking intensifies the desire but it's the key ingredient of emotions that essentially gives birth to the thought...Read the rest of the Article)... Go to: <https://personal-improvement.eu>

>>Helping to put together the Mind puzzle 1 piece at a time...<<<