



THE 10 “Fs” FOR SUCCESS

Maximizing Quantity and Quality of Your Life
Gordon Graham

FAITH

Believe in a higher power.

FAMILY

Take care of your family – always.

FRIENDS

You don’t need a crowd, but having two or three great friends who will always be on your side is essential.

FITNESS

Keep yourself in shape – just walking an hour a day is wonderful. Get regular medical checkups, even if you are feeling great. And remember to take care of your mental health, too.

FOOD

Everything in moderation. As a general rule, if your grandmother would not recognize it – don’t eat it.

FUN

Laugh a lot. There are a lot of benefits to being happy and laughing a lot.

FUNDS

Think about financial planning early on and try to retire debt-free.

FREEDOM

Be grateful you are here in the United States of America. Protect the freedoms that so many have died for over the centuries.

FUTURES

Time flies by quickly – strategic thinking is essential.

FULFILLMENT

Make every day count. Make every contact count. Be humble – it is not all about you. You get the opportunity every day to make a difference in someone’s life. Simultaneously, you are “building your dash.” Take a look at the poem of that name by Linda Ellison.

***Work hard, do the right thing, tell the truth,
take every opportunity offered, make the call.***