



CBL quotes and thoughts to enjoy  
life by ... "as you go through life,  
remove your blinders - you'd hate  
to miss something good" ... "make  
life fun to live" ... "if you don't laugh, you cry &  
that's not always pretty" ... "have a sense of  
humour - just hold a mirror up & laugh at  
yourself" ... "go out and do one thing  
spectacular - if you enjoy it, do it  
again" ... "when you feel the tension,  
breathe deep & phtttt, let it go" ... "stop &  
pay attention - you just might learn  
something" ... "listen with your eyes, your  
ears & your heart" ... "as you peer into your  
uncertain future ... be optimistic & hope  
for the very best: always prepare for the  
unexpected: at the very least accept what  
comes ... with an open mind, an open heart  
& open arms" ... "nothing to do?  
dance" ... "humour won't always  
solve your problems ... but it sure  
does help you cope" ... "don't worry  
about how you look ... it'll most likely  
be dark there" ... "play to the buzzer" ...  
'be real - plastic cracks' ... "be  
positive ... breathe it - believe it -  
behave it - become it - breed it" ...  
"DON'T TROUBLE TROUBLE 'TIL TROUBLE  
TROUBLES YOU" ... "balance the load  
you tote in two bags - pack up as  
much joy as you have woe" ... "PAY  
ATTENTION TO THE NUDGES  
ALONG THE WAY - THEY MAKE  
YOUR JOURNEY INTERESTING" ...  
"it's an equal opportunity world - we have  
as many chances to laugh out loud, be  
happy, playful & find joy as we do to bitch,  
whine, moan, cry & complain - it's all  
about where you look" ... "live the life you  
want" ... "do it with all your heart"



CBL quotes and thoughts to  
enjoy life by ... *"spend time with  
people who let you be you"* ... "do or  
say anything you want but be prepared to  
deal with the consequences" ... "be  
passionate about something" ... "a  
funny bone can get arthritic - stay well  
oiled" ... WHEN THEY SAY "WHY CAN'T  
YOU BE NORMAL?" - REPLY, "IT'S NOT  
AS MUCH FUN" ... "call time out on  
bitchin' & whining" ... "lighten up when  
things are down" ... *"celebrate before it's  
too late"* ... "laugh today at yesterday's  
stress" ... "create an environment to  
boost your spirits & it will" ... "the only  
good thing about spending time with  
a doom 'n gloomer is they can make  
you look really good" ... "if you remain  
light, tense & terrified - facing  
tomorrow's gonna hurt" ... "poke  
your finger at yourself for your best  
laughs" ... "recycle yourself for the  
future / you're worth it" ... "be aware  
of the verve vacuums in your life -  
they'll suck you dry" ... "do good,  
you forget - do bad, you always  
remember" ... "protect yourself from  
those with misery as their mission &  
pity as their passion" ... "be open  
to be more welcoming" ...  
"moodivate yourself before someone de-  
moodivates you" ... "love others -  
acknowledge listen, understand, accept  
& respect them" ... "share a laugh with  
all you meet - it feels so good" ...  
"SMILE AT LIFE - PLACE YOUR  
FINGER BETWEEN YOUR  
TEETH" ... *be the mood manager - set a tone  
of harmony for those around you to follow*