

**S T R A I G H T**  
**FROM**  
**THE**  
**H A R T**



**H. Rodes Hart, Jr.**

**2009**



To my beautiful family

You are the essence of all that I am, of all that I do.

I love you.



**Attitude**

**Authenticity**

**Character**

**Compassion**

**Family**

**Integrity**

**Love**

**Patriotism**

**Perseverance**

**Self Esteem**

**Spirituality**

**Spit & Spurs**

# Rodes' Rules of Happiness

1. Be kinder to others than they are to you  
– especially family.
2. Try not to feel sorry for yourself  
– instead think of reasons to be grateful.
3. Put things away so you can find them when you need them.
4. Compete primarily with yourself.
5. Don't be impressed with people's looks or their assets – instead, be impressed by what they do to help others, by how committed they are to doing the right thing and by their ability to persevere.
6. Be the absolute best parent you can be – it's the hardest and most important job you'll ever have. Teaching your children to take care of themselves must top this list.
7. Above all else, strive every day to take care of yourself first, and to trust your God completely.

❖ HRH, Jr.

# ATTITUDE



We cannot direct the wind but we can adjust the sails.

Unknown

I have never met a man so ignorant that I couldn't learn something from him.

❖ Galileo Galilei

We awaken in others the same attitude of mind we hold toward them.

❖ Elbert Hubbard

If you don't like something, change it; if you can't change it, change the way you think about it.

❖ Mary Engelbreit

Think big thoughts but relish small pleasures.

❖ H. Jackson Brown, Jr.

Very often a change of self is needed more than a change of scene.

❖ Arthur Christopher Benson

There are two types of people – those who come into a room and say, “Well, here I am!” and those who come in and say, “Ah, there you are.”

❖ Frederick L. Collins

Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky.

❖ Rabindranath Tagore

It's so hard when I have to, and so easy when I want to.

❖ Annie Gottlier

Surrounded by people who love life, you love it too;  
surrounded by people who don't, you don't.

❖ Mignon McLaughlin

When you don't get everything you want, think of  
things you don't get that you don't want.

❖ Oscar Wilde

So often times it happens, that we live our lives in  
chains, and we never even know we have the key.

❖ The Eagles

Look at everything as though you were seeing it for the first or the last time.

❖ Betty Smith

The world is full of cactus, but we don't have to sit on it.

