

Chapter 1 : Finding Joy - From Victim To Victorious

Blessed with a loving and generous family, my siblings and cousins from across the world responded pledging their support and financial assistance. On Christmas day, we gathered about fifty kids in the chapel.

When you click on them and make a purchase, I receive a small commission. See my full disclosure here. Do you want more joy and less stress this season? It begins by planning for the holidaysâ€¦ NOW. Check out these 6 reasons why you should start today! We just sent our kids back to school. The temperature is still blazing hot and sticky. Shorts, sleeveless shirts, and sandals still dominate the daily wardrobe choice, yet here I am sipping on some pumpkin spiced k-cups I had shipped courtesy of Amazon Prime and listening to a little Penatonix acapella Christmas tunes. September is filled with back-to-school events, getting back into routines, football games, apple picking, apple treats, and a few final days in the pool until they close for the year. October brings the beginning of fall glorious, wonderful, beautiful fall and all things pumpkin: There are more football games, harvest festivals, trick-or-treating, and bonfires. November continues to bring us heaven on earth in the sense of golden trees at their peak, a season of gratitude , an epic meal of comfort and delight, and the arrival of the holiday shopping season. Finally, December ushers in the season of Advent, as we wait for the birth of Jesus. But it also means Christmas parties, concerts, cookie exchanges, gift purchasing, decorating, visiting Santa, and on and on the list goes. Simply putâ€¦ the last four months of the year are busy, busy, busy but they are also filled with plenty of opportunity for precious memories and lots of family fun. Have you even given any thought to the planning of the holidays just yet? You might want to and let me share with you whyâ€¦ 6 Reasons Why You Need to Start Planning for Holidays Now You want to enjoy the season with your family More than any time of year, the traditions and activities that happen during the fall leading up to Christmas are plentiful. From pumpkin picking to baking pies, to trimming the tree, to attending a local holiday festival to shopping and wrapping gifts together, there are plenty of moments to cherish together as a family. Unfortunately, this time of year is also a prime season of stress for many parents, especially moms. We are usually the ones planning everything making sure everyone is happy and enjoying the season. What tends to happen though, is that mom is usually the one who is enjoying it the least! If you truly want to enjoy a stress-free and joy-filled holiday season, you have to start planning early! You want to grow your faith Thanksgiving, Advent, and Christmas are very important holidays for the Christian faith. We gather together to reflect on the blessings that God has showered us with. We prepare warm and delicious food, representative of the harvest, and gather around a family table sharing life, stories, laughter, and good fun. We wait with eager anticipation for the arrival of our Savior, and we marvel at the miracle of a small baby being born in the most unlikely of places. Growing our faith through Bible reading, prayer, and singing along to seasonal songs, is one privilege of the holidays. Our faith can blossom and become stronger during these months, but we have to be diligent about placing our focus where it matters most. We just have to have a plan! I am also currently reading Growing in Gratitude by Mary K. I know this because I already have a flexible plan in place. You want to avoid consumerism and materialism Our society has placed a large emphasis on consumerism during the final few months of the year. Trust me on this one! Some even forgo Thanksgiving dinner altogether to line up in front of their favorite stores. It is so easy to fall into the trap of consumerism and materialism this time of year but having a well-thought-out plan of how you will approach the holiday season is key when it comes to avoiding this trap. Setting aside time now to review your budget or to set up a budget , is another key to planning for a more intentional holiday season. When you know exactly how much money you have to spend on everything from meals, food, decor, and gifts, then you are quick to reel in when you feel yourself getting caught up in the materialistic side of the holidays. I strongly believe that when we place our focus on the things that truly matter our priorities and say no to the non-essentials, we live with more purpose, more focus, and more joy. A huge source of stress and anxiety that surrounds the holiday season is trying to please others but here is the truthâ€¦ You cannot please everyone. Family conflict and drama happens in even the most stable families but learning how to navigate through that conflict without pressing your stress triggers is important. Other family members might have expectations for you and your family, but that is on them.

Together with your husband and children, if they are old enough, sit down to clearly discuss what is important to your family, and what your expectations are for the holidays. What matters most to you and your family is most important. Planning and discussing with your family is key to avoiding conflicts, stress, and unrealistic expectations during the holidays. When you sit down with your husband and children to have a discussion about priorities and expectations, everyone is on the same page. You want to serve together as a family and bless others, you have good intentions, but all too quickly the calendar moves and before you know it, the holidays are over and all of those ideas and dreams about serving together never came to fruition. Taking the time to think through and plan how you and your family can serve together this year, will help make sure it actually happens. Want to put together shoeboxes for Operation Christmas Child? Want to volunteer to serve a meal? Sign your family up today! Want to bake cookies and deliver them to elderly neighbors? Plan a baking day today and write it in the calendar! even if that is a few months away! Plan today and put in the calendar will ensure that you and your family can grow in faith together and serve together during the holiday season. As I read through the Christmas chapter, I marveled at how sweet and simple their Christmas celebration was. Their decorations were minimal, the gifts were sparse, but the joy and love were abounding. If you were to strip away all of the lights, decorations, and fanfare, what would be the most important part of the holiday season? A casual family-style buffet on mismatched plates or even disposable! gasp! Instead, carefully and thoughtfully picking out a small assortment of gifts and having a wrapping party with your children, while they decorate the wrapping paper with pride for their family members, is a memory we never want to forget. Have you started to think about planning for the holiday season yet? If so, what do you do now to make the entire holiday season simple and meaningful? Want to plan an Intentional Holiday Season? Intentional Holiday Planning with Victoria Osborn Sneak Peek Full calendars, finances, family conflict, and consumerism can pull us away from the real reason we celebrate the holidays. How do we approach the holiday season so we can enjoy it and still feel refreshed? Join us as we identify what matters most so you can plan a holiday season that is intentional and full of memories! Does creating a Christ-Centered home feel overwhelming? Plus, when you join the Creative Home Keeper community you will join over 5, other women just like YOU who are becoming equipped to create a Christ-centered home and are transforming their hearts towards homemaking once and for all! Now check your email to confirm your subscription. There was an error submitting your subscription. First Name Email Address We use this field to detect spam bots. If you fill this in, you will be marked as a spammer. When subscribing you will be receiving encouragement, practical advice, and occasional sale notices. You may unsubscribe at any time. Powered by ConvertKit You might also like:

Chapter 2 : Generous Quotes (91 quotes)

Seven things that steal your joy: overcoming the obstacles to your happiness, Joyce Meyer. , Toronto Public Library.

January 6, October 19, Few habits are to die for, just like that there a few things in guys that are worth marrying for. No one is perfect and everyone is facing a challenge to be a better person in life. We are either struggling to get there or waiting to start this struggle, there are barely any people who are at the verge of becoming this perfect person. People naturally demand their partners to have good moral values and a kind heart because good looks are not enough to spend a life with. Every person goes through certain events that mold his character and make him either despicable or an absolute sweetheart. It entirely depends on how he tackles with the tantrums life throws at him. Especially with all the hormones going up and down every month. There will be times when they will be the sweetest to you and there will be times when they want to rip your heads off. If a man understands this and is sensitive towards you, marry him. Other than that, if he respects your say, gets the door for you or does those gentlemanly things for you, keep him close. Your guy is more than valuable if he respects women and is not sexist at all. If he supports your choices, helps you out with self-lifting and treats you equal, he is a definite keeper. Moreover, women tend to have ups and downs in their mood due to all the hormones dancing inside, it is not easy for another person to tolerate our meaningless anger on them so if your guy does not overreact to your reactions and understands and stays calm then we say he is a total sweetheart. Only gentlemen have such traits and we all know about the lack of gentlemen in our society these days. You will know your guy is one of them by his actions, speech and reactions. Every man runs from it and if your man is being nice and helping you out around the house, know that it is rare and you will not find many people who do that. Some men still believe in this stereotype that women are supposed to stay at home and do all the household chores while they go outside to earn money. We all know such men. If yours is not one of them and considers that stereotype foul, then you are dating a nice man. If he helps you out with your chores at home and shares the burden with you, he deserves a thumbs-up. Women are quite often left to look after the house all by themselves and men are ignorant of the fact, but someone who understands it can be difficult for you to do it all alone is worth keeping. Involuntarily, humans are bound to care for themselves but if you see your partner going out of their way to put you first in everything they do, they definitely love you and you will certainly not regret spending the rest of your life with them. Humans tend to think of themselves first in all matters naturally and involuntarily, but if your guy goes out of the way to put you first in everything, know that he loves you too much. Putting someone else before himself must require emotional effort so appreciate him for that and treasure this quality of his. Try to treat him the same way and let him know that he is precious. It could also hurt you at times but believe me, you would rather have someone who is a hundred percent honest than someone who lies to you on your face. Who wants to deal with a guy who constantly lies about his feelings, whereabouts, friends or anything else? Soon, these little white lies become huge and before you know it, they are cheating on you. SO if your partner is honest, value him! You might not like the truth at times, but the realization of him being honest to you will surely make you appreciate him. If he is honest, he will tell you everything that he does and does not, who he meets and who he does not meet, he will keep you updated on the healthy and unhealthy habits that he may catch. A genuinely generous guy will be generous in all domains of life: He will not hesitate when it comes to giving a bit extra to this relationship, to you. He will be generous in expressing his love to you as well. You are lucky if your man is generous in all matters of life. We do not refer to material generosity only but emotional and supportive generosity too. If he is generous with his love for you and expresses it generously, you have got a man you should always keep. I think that a man with a great sense of humor, who is able to make you giggle, is a true gift of life. The sense of humor is quite important because it shows how he deals with matters that arise every now and then. If he makes you laugh and does things just to see a smile on your face, do not let him go. If he would do anything to make you laugh, he might as well go at lengths to keep you happy forever. Also, your conversations will never be boring and hardships will not scare you both too much with the positive attitude you will catch from him. And sometimes, during dry days, a good laugh and some giggles can do enough to

change the mood. Remember, communication is two ways and many times one or the other partner lags behind in it causing arguments and dissatisfaction in the relationship. So, it is always good to be with someone who wants to listen and be heard. These are just a few attributes of a man that you should look for. At times a few people might need time to work on a few areas, help them become the best version of themselves and develop all these qualities. Remember, your encouragement will be the push factor for them to become better. Communication is very important for a relationship to grow stronger and if he understands this fact, he is the one. Guys who ask their girls if their decisions are right or not, listen to them with attention and share with them their problems are guys who put their trust in their girls and they are worth everything. Dissatisfaction and arguments in a relationship are often caused by the ignorance of one partner towards the other one. So, it is a precious thing if he is strong at communicating with you. Ladies, talk to me Ladies, have you found a keeper? Have you found the man of your dreams? What is that one quality that you love about him? Let me know in the comments below. And as always, stay blessed and keep the love alive!

Chapter 3 : Touch-Life Global

Chapter 2 Joy Stealer # 1: Works of the Flesh Chapter 3 Joy Keeper: Be Led of the Spirit Chapter 4 Joy Stealer # 2: Religious Legalism Chapter 5 Joy Keeper: Be Free in Christ Chapter 6 Joy Stealer # 3: Complicating Simple Events Chapter 7 Joy Keeper: Be Uncomplicated Chapter 8 Joy Stealer # 4: Excessive Reasoning Chapter 9 Joy Keeper: Be.

These outlets are lowballing it. The buzz is real. To the uninitiated and the ignorant, that may not seem like a big deal, but it is. Blackness itself is complex. But blackness armed with superpowers? There are many politics to being black, and those politics get seemingly more complex when supernatural forces and powers are involved, be they fictional or otherwise. This is especially the case for Black Panther who just so happens to share his name with the political party. In the beginning—that is July—there was God. Marvel predictably wanted this rectified and that rectification came in the form of an unceremonious name change. And what was his name change, ladies, gentlemen, and everyone in between? And, predictably, since it was such a stark change, even the characters in that particular comic had questions about it specifically the Thing. Marvel Cue an eye-roll with the power of a thousand Nigerian suns. To the surprise of no one, sans Marvel, the name change did not go over well. I say this because the two things are not as different as Marvel wanted them to be. The Black Panther Party has always been about the self-determination of black people, here and abroad. Concepts like these are not alien to Black Panther the character. These are the same principles that he and the Black Panthers before him fought to maintain and uphold for the success and survival of the people of Wakanda. But even in that fictionalization, that incredible link to blackness and the commitment to protecting it speaks volumes as to why the conflation is not misplaced and why the importance and complexities of black superheroes should not be downplayed. Which brings me to my final point: Mainly because, even if you try not to acknowledge it, a black superhero carries loads of implications with him or her. Superheroes themselves, in the American context, carry loads of meanings, interpretations, symbolism and extended metaphors. Hell, most of them can be deconstructed and connected to some well-known, Judeo-Christian biblical figure. And it is these complex aspects that give them their mythological appeal and position them as part escapism and part social commentary. Giphy Once you add race, gender, sexuality, disability and whatnot to the mix, the ante gets upped. Characters who do experience the injustices of our reality like police brutality and systematic oppression, but have the means—quite physically—to fight back. You get heroes like the bulletproof Luke Cage. Or the unconquerable African king known as Black Panther. Or the people-freeing champion and weather goddess known as Storm. And, sure, I will acknowledge that this does carry some burdens with it. It can be tiring to have a black character that is forever trying to contend with the important political and historical connotations of what it means to be both superpowered and black and residing in America at the same time. And it can be tiring having to be a black character who is unofficially charged with the task of attempting to represent blackness in its entirety—in the hero context and in pop culture at-large. Luke Cage Netflix Because sometimes? You just wanna be a black hero who punches and kicks a lot of shit without having to deal with all of that. And sometimes, you just wanna be black and not have to deal with all of that. You just merely want to exist. And that, for better or worse, is political and revolutionary as fuck.

Chapter 4 : On Black Panther, Black Leopard and the Politics of being a Black Superhero - Blue pictures

-- Joy stealer # 1: works of the flesh -- Joy keeper: be led of the Spirit -- Joy stealer # 2: religious legalism -- Joy keeper: be free in Christ -- Joy stealer # 3: complicating simple events -- Joy keeper: be uncomplicated -- Joy stealer # 4: excessive reasoning -- Joy keeper: be confident in God -- Joy stealer # 5: ungodly anger.

As we are travelling through scripture, looking at the women there, the book of Job comes next. Job is such an incredibly challenging book. We are nowhere near that close walk that he experienced with God. They are equal partners in the most heart-rending of the experiences, sent to try Job. She was equally the parent of the children, tragically killed. Likewise, she was equally enabled to have the free will to choose how to respond to it. As you will remember, Satan came to God, who put Job forth as an example of an upright man. In response, Satan challenged that God had put a hedge of protection about him, and blessed him - surely if he had a bit of tragedy inserted into his "perfect" life, he would soon curse God? God gives Satan free reign to throw whatever trials at him, as he pleases, but to spare his life. All that he had worked for - gone. Satan takes his children. The thought of this breaks my heart - I have 8 children of my own, and the thought of them all being taken, in one foul swoop, is simply beyond my comprehension. That is a man walking right beside God. Then Satan strikes at his body. He is covered from head to toe with boils. He took a piece of broken pottery to scrape the mankiness of the boils from off his skin. His desire was for Job to curse God. Had you ever considered that before? I knew it was part of his trial, but that she was actually doing exactly what Satan desired? You are putting your husband in a place that makes it hard to do the right thing, and far easier to fall himself, if you behave in way that tempts him to sin, too. Tempting him to sin is just like a prostitute coming to a man and enticing him to sin. Making it hard to say no. Think about those moments when your temper has been lost, and you have been cross with your husband. Does that not lure him to react in the same way back? You lose your patience, he loses it right back? Neither right, but the one who starts it off sets of the domino effect that can soon knock over every ounce of self control you should have had to begin with. Think of those times when you come to him with words that tear down and destroy. If you are negative, narky and critical, you are tempting your husband to be bitter, resentful and retaliatory. It takes more self control and sanctification NOT to react to a wife like that, than it does to just fire it straight back. If you are a wife who is quick to complain and grumble, you will entice your husband to be less-than-generous. The book of Proverbs says that it would be better for a husband to go and live in the wilderness than to have to listen to a wife who is a nag. To get away from her sinful behaviour, lest he is negatively affected by it, too! Wives, you KNOW it tempts your husband to sin when you nag. We have had a dripping shower, recently. A nagging wife will test the patience of her husband, pushing him to a place where he is more likely to snap and succumb to a sinful reaction. Some wives seem to think that being submissive means being silent. You cannot be a more loving, supportive, and encouraging wife, than to be one who kindly, but honestly, points out sin where it exists. I thank God for the grace He has extended upon MY life - how He has stayed the hand of Satan, and put a shield of protection both around me, and around our marriage. But, no person is immune to the devices of the devil. No marriage is immune to the deceits of Satan. We are all susceptible, and need to be on continual guard. He also allows the traumatically trying. Things that would drive us to despair. Things that could force a wedge into a marriage. Things that could cause us sadness of heart, mind and soul, and agony of body. But, in all of that, we must NOT curse God. Oh, Lord, give me this grace! Give me this heart, and soul, and voice! To worship, in the hardest of hard times. Acknowledging every good thing, to counteract the weight of the trials. To lift my eyes to my great creator God, in the agonies of my humanity. In every trial of my life, turning my eyes upon Jesus, and not tempting others to sin.

Chapter 5 : TRBQ Podcast #3 " The joy is in the giving | TRBQ

The more you give, the more you receive. When we give stuff away, we make the world a better place. Generous people feel better about themselves. They report a greater sense of life satisfaction and happiness. They build stronger relationships with others. Studies have even linked generosity to.

Even the great orator Robert Ingersoll was choked up with tears at the memory of his beloved brother] The record of a generous life runs like a vine around the memory of our dead, and every sweet, unselfish act is now a perfumed flower. I am going to do that which the dead oft promised he would do for me. While yet in love with life and raptured with the world, he passed to silence and pathetic dust. Yet, after all, it may be best, just in the happiest, sunniest hour of all the voyage, while eager winds are kissing every sail, to dash against the unseen rock, and in an instant hear the billows roar above a sunken ship. And every life, no matter if its every hour is rich with love and every moment jeweled with a joy, will, at its close, become a tragedy as sad and deep and dark as can be woven of the warp and woof of mystery and death. This brave and tender man in every storm of life was oak and rock; but in the sunshine he was vine and flower. He was the friend of all heroic souls. He climbed the heights, and left all superstitions far below, while on his forehead fell the golden dawning, of the grander day. He loved the beautiful, and was with color, form, and music touched to tears. He sided with the weak, the poor, and wronged, and lovingly gave alms. With loyal heart and with the purest hands he faithfully discharged all public trusts. He was a worshipper of liberty, a friend of the oppressed. A thousand times I have heard him quote these words: He added to the sum of human joy; and were every one to whom he did some loving service to bring a blossom to his grave, he would sleep to-night beneath a wilderness of flowers. Life is a narrow vale between the cold and barren peaks of two eternities. We strive in vain to look beyond the heights. We cry aloud, and the only answer is the echo of our wailing cry. From the voiceless lips of the unreplying dead there comes no word; but in the night of death hope sees a star and listening love can hear the rustle of a wing. And now, to you, who have been chosen, from among the many men he loved, to do the last sad office for the dead, we give his sacred dust. Speech cannot contain our love. There was, there is, no gentler, stronger, manlier man.

Chapter 6 : Joy of giving | Sanity Keeper

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Monday, 8 August How can we raise a godly generation? So, how can we raise a godly generation, you ask? We can only guide them and train them in the ways of the Lord. I am going to cover this in a few posts, as I realised quickly that there was a lot to share about! So, here are the first areas which I believe are important in raising a godly generation. Do we know about God - who He is - what He expects of us - what He does for us? Do we know what the scriptures teach us about how to do be the wives and mothers that we should be? There are many ways to study the scriptures. Do make sure you note down thoughts on the way through. I currently have a page in my Prayer Journal titled "God There are many things you could pick out - promises, rebukes, prayers, instructions. Keep your thoughts focussed, and you will remember them better. We are thinking of studying through the book of Ephesians until the end of the year, using this method. Elizabeth George has many good studies like that. Your heart will be blessed, and your life drawn into sweeter communion with the Lord. You can NOT start telling your children about the way they should live, and not apply it to your own life. Children can spot a hypocrite a mile off, and they will not respect your instruction if they can see you are not living it first. I knew of someone who always said "Do as I say, not as I do". Yes, children need to obey us, but if our own actions do not match up with our instruction, that is a terrible example to our children. And, trust me, this is an area that I need to put a lot of work into You want your children to learn Bible verses? You want your children to read their Bible? You want your children to be generous? You want your children to be kind? You get the idea Some small thing that you do, or an experience you can share about, may be an unimaginable blessing and encouragement to someone else! Link up below, or share in the comments section below.

Chapter 7 : 11 Bible Verses about Generosity - NIV & KJV - racedaydvl.com

Godonomics says, "We should NOT be our brothers' keeper" About once or twice a month, a politician or religious leader pulls out the ole, "The Bible tells us to be our brother's keeper." The.

Finding minimalism in a world of consumerism. When we give stuff away, we make the world a better place. Generous people feel better about themselves. They build stronger relationships with others. Studies have even linked generosity to improved physical health. Giving also benefits the receiver. We improve their lives. We fight to overturn injustice. We offer an example to the world of a better way to live. And spur others to do the same. Our society is held hostage by the pursuit of more. We choose our careers for the sake of securing more. And we constantly worry about having enough. It reveals to us how blessed we already are. It helps us see the needs of those we live alongside. And it offers a better alternative for our money than spending it on ourselves. Generosity counters materialism and consumerism in our lives. It reminds us that we already have enough. It wars against greed and selfish pursuits. It aligns our life with higher purposes. And offers a better way to live. Give more things away. Your life will feel lighter. Your heart will feel warmer. And the world will be better. Be generous with your time by volunteering at your local school, homeless shelter, or nonprofit of your choice. Just give something away this week. And be reminded that you already have more than you need.

Chapter 8 : The Joyful Keeper: Women of the Word {Job's Wife - don't do the devil's work}

To be generous means to give more than what is expected and without expectation of reward or recompense. However, I suspect you would like a more detailed answer than that s This page may be out of date.

Jan14 When was the last time you experienced immense joy from making other people happy? The last five years, I celebrated Christmas in Bangkok. I still remember spending my first Christmas away from home by working because Thailand does not consider it a holiday. My colleague was kind enough to understand that I must have been missing home so she played Christmas songs from her old portable radio. It just made me burst to tears. Last December, I decided to go home for the holidays. But I must have been away for way too long that I started to ask myself, how does Christmas feel? Then my thoughts went to the thousands of children who may not have had the chance to open a gift during Christmas; children who were deprived of the experiences I was blessed with. Then and there it hit me, I knew what I needed to do for Christmas. Blessed with a loving and generous family, my siblings and cousins from across the world responded pledging their support and financial assistance. On Christmas day, we gathered about fifty kids in the chapel. And of course Santa Clause is part of the celebration so our cousins dressed up as Santa and went around distributing sweets. We also gave away two dozens of slippers to kids who need them most. Awwwww sniffs We organized various games. We also let some kids showcase their talents so that they will grow up confident. It is important for children to feel that their abilities are recognized. We managed to give each of the kids a gift. The sight of their happy faces is just priceless. In the evening, I celebrated Christmas with my family. I have so much to be thankful for in life but what I am most thankful for is to have a family who showered me with so much love; a family who taught me that what matters is not money but charity; a family who values truth and fairness over fame and glory. S the chapel is in the process of renovation.

Chapter 9 : What is the point of Paine's story about the tavern keeper at Amboy? | Yahoo Answers

There lieth the epitomy of a wife doing the devil's work. The book of Proverbs says that it would be better for a husband to go and live in the wilderness than to have to listen to a wife who is a nag.

Especially if you give it to someone else. In this episode, Michael Norton from the Harvard Business School tells Dean about his fascinating research into sharing and generosity. Download audio Why do people share? And it turns out that it canâ€™but in surprising ways. In one study , Michael Norton and his colleagues decided to test whether people get more happiness from spending money on themselves, or spending money on other people. They would tell some people to spend the cash on themselves by 5 p. Especially if you spend it on someone else. Harvard Business School Time and time again, not just in North America but all over the world, the researchers saw generally the same result when people spent the money on themselves. He also says the people who bought things for themselves bought very different things than those who gave to others. The college students in the first group, he says, bought things like makeup and books. People who gave the money away, though, spent it more creatively. One woman bought a stuffed animal for her niece. There still a difference between the groups, though. Some people drank the coffee themselves and some people handed it off to someone else. That seems to be the thing that really, really makes us happy. Whether you feel altruistic or not, the true measure in my mind of altruism is, was someone benefited on the other end? There is evidence, for instance, of other species helping one another. And several species of monkeys are very sensitive to fairness. This suggests that they are aware of inequity between themselves and others, Norton says, which in many ways is a precursor to giving. They pay that forward, too. These are not just abstract ideas to him. He even tries to get people to organize their credit card statements into lists. How am I doing, how was last month for my wellbeing, and should I change things up for the month coming? Buying a coffee for a stranger has also been known to work.