

Introducing

PAGE - A - DAY[®]

NOTES

One of the most inspiring desk calendars of 1996*
comes alive in this collection of annotated excerpts.

Also included are selections from

THE
**ROAD LESS
TRAVELED**

the most comprehensive self-help
desk calendar this side of a yellow wood.

So sit back, relax, and enjoy this assembly of worldly quotables
and maybe- just maybe- you'll learn a little bit about yourself, too!

PAGE - A - DAY[®] NOTES

Wednesday March 27, 1996

The more I help others, the more I prosper and grow. There is enough abundance in the world for everyone. *Hey, it really is true! Let the magic of Chain Letters work for you!*

PAGE - A - DAY[®] NOTES

Tuesday March 12, 1996

I am comfortable with all of the new technology in my world. I love my computer, my VCR, and my other electronic gadgets. They all work beautifully.

Then I push the "ON" button.

PAGE - A - DAY[®] NOTES

Saturday May 18, 1996

Every bridge I cross brings me to a higher level of fulfillment. I am pleased with my progress. *(Individual progress may vary. PAGE-A-DAY[®] NOTES and its subsidiaries claim no responsibility for the appearance, odor, texture, stability, or fulfillment capacity of bridges encountered outside the continental United States. Other restrictions may apply.)*

THE
**ROAD LESS
TRAVELED**

Monday
JANUARY

1

New Year's Day
1996

Discipline is the basic set of tools we require to solve life's problems. Without discipline we can solve nothing. With only some discipline we can solve only some problems. With total discipline we can solve all problems.

At long last, the answer to "How do-ya solve a pro-blem like Mari-a?" exposed! Believe it-or not!

(The author would like to take this time to point out that one cannot spell the word "discipline" without the word "disciple.")

*as stated by some guy in the marketing department once

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Friday March 1, 1996

The garden of my life is taking shape. The seeds I have planted are growing roots beneath the ground and are preparing to burst forth. *So... either I'm making new friends, hoping for that big promotion, or going through puberty again. Oh, well. What I lack in sunshine and rain I'll make up in fertilizer, I guess.*

Monday March 18, 1996

I am becoming aware of what I believe. I release those beliefs that no longer work for me. *And when I release a belief, phew- look out! I put some of my old beliefs out by the curb, but the trash men won't touch 'em. Maybe I should recycle.*

Wednesday October 9, 1996

The children around me are full of life and joy and eagerness to learn. They teach me so much about myself. *They especially teach me about the beauty and innocence of celibacy.*

Sunday January 14, 1996

Loving people fill my life. I experience love wherever I go, and I find it easy to express the love that I feel. *I love loving and being loved so much that I love love and the lovely meaning of love lovingly becomes lost in love and ironically love becomes an empty love wanting love.*

Thursday May 9, 1996

I know that I may have to release some people from my life who are not supportive of me, but I wish them well as they proceed down their individual paths. *for I am secure in the knowledge that their paths, although individual, will all end up in the same place, a place I've told them to go several times before...*

Saturday June 8, 1996

I am worthy of a very good income. I don't have to struggle to achieve it; it comes easily to me. *I just put on the mask, point the gun, and make my demands!*

Sunday February 25, 1996

I respond to Life in a powerful, positive manner. I am not a victim in any sense of the word. *I sure make for a lousy plaintiff! My lawyer is going to kill me for sure!*

Sunday November 10, 1996

I am guided throughout this day to make all the right choices. I only desire that which is for my highest good. *-taken from the widely popular textbook, A Young Person's Guide to Business and Politics. Unfortunately, Cliff's Notes[™] has edited out the first sentence, so "I only desire that which is for my highest good" is what anyone ever sees.*

THE
**ROAD LESS
TRAVELED**

Thursday
JUNE

13

1996

The only real security in life lies in relishing life's insecurity. *But what if I don't relish life's insecurity enough—I could really screw it up! What could happen to me if I think too much about being safe? I want to be confident, but merely thinking this keeps me from relishing insecurity. Oh, I'm just no good!*

PAGE - A - DAY® NOTES

Wednesday October 2, 1996

I connect with my inner child by just saying, "I love and accept you." I remember that I was born a beautiful and trusting soul. *Well, that and I spit up and soiled myself a lot. Now I connect with my inner ear, the inner city, and my innards by just saying, "I think I'll listen to some music while I go downtown to eat lunch."*

PAGE - A - DAY® NOTES

Monday September 30, 1996

I am capable and organized. My efficiency is more than adequate to get the job done. *My persistence and skill, on the other hand, will not be acknowledged. What I don't know can't hurt me.*

PAGE - A - DAY® NOTES

Friday March 29, 1996

I am a friend to all children whom I come in contact with. They are comfortable with me, and I am comfortable with them. *It's all I can do to avoid being wished into a cornfield.*
(ref. to The Twilight Zone #73 "It's A Good Life.")

PAGE - A - DAY® NOTES

Sunday September 29, 1996

I bless and honor others, and they, in turn, bless and honor me. *Why, there was so much blessing and honoring, everyone was doing it! Then someone got hurt. Now several states have stringent blessing and honoring laws.*

PAGE - A - DAY® NOTES

Sunday June 16, 1996

Fathers Day

I honor my father today. He taught me so much and gave me so much love. I tell him how much I care for him without holding back my emotions. *Then I quickly hang up and run as I hear, "What? Who is this? You must have the wrong number!"*

PAGE - A - DAY® NOTES

Sunday June 9, 1996

Forgiveness is a gift to myself that allows me to live freely in the present. I forgive myself and others, and I am free. *In fact, forgiveness is always the perfect gift when on a tight budget! Think about it.*
(Sponsored by the Forgiveness Council.)

PAGE - A - DAY® NOTES

Wednesday May 22, 1996

I am safe from the natural upheavals that the Earth creates. I can withstand any challenge! *Exciting as it may be, floodproofing the basement can really go to a person's head.*

Friday May 24, 1996

I choose to see myself harvesting a happy, successful life full of wonderful experiences. *I choose to assume that this harvest involves the garden of life from March 1st. I choose to see myself taking vague metaphors, bland generalities, and worn-out clichés and cultivating them into a fruitful crop?*

Tuesday October 22, 1996

I am patient, tolerant, and diplomatic. My words are healing. *I have a Jesus complex this big, and it has “strait jacket” written all over it!*

Wednesday October 23, 1996

I am in charge of rebuilding my life, and I use love as the keystone. I now accept strength, courage, love, happiness, and peace as natural for me. *Then I am promptly eaten alive by competing contractors.*

Monday October 14, 1996

Columbus Day

Safety and love surround me as I now create a world of harmony and wisdom. *In this world I now create, I am God and Sovereign Ruler of All. Then safety and love announce over a loudspeaker that they have the premises surrounded and that I should come out peacefully with my hands up.*

^{THE}
ROAD LESS TRAVELED

Tuesday
JANUARY

2

1996

Life is difficult. This is a great truth, one of the greatest truths. It is a great truth because once we truly see this truth, we transcend it. Once we truly know that life is difficult—once we truly understand and accept it—then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters.

Mexican food is difficult. This is a great truth because once we truly see this true truth, we truly know the truth, the whole truth, and nothing but the truth. Once we truly understand and accept the true truth that Mexican food is truly difficult, enough time, etc. has passed for our systems to adjust, and it no longer matters.

CCc

Monday November 4, 1996

I laugh at myself and am amused by the interesting twists and turns that Life brings my way. I am a character in the Divine play of the Universe. *Now if only I could remember my lines. You see, I'm not laughing at myself, I'm laughing—oh, wait, I guess I am. Never mind.*

Thursday June 6, 1996

I acknowledge myself for creating a wonderful experience today. *And, inevitably, I acknowledge others for screwing it up.*

Friday May 10, 1996

I pay my bills with gratitude and love. I always have enough money in the bank to take care of my necessities and luxuries. *like \$500,000 in cash and a plane ticket to South America 'til things cool down a little.*

Sunday November 3, 1996

It is never "too late" to try anything. No matter what age I am, I can learn a new skill, embark on a new career, take up a new hobby. What fun life is! *Like when they catch me and take me back to the home, it is never "too late" to try the peach cobbler- they always have some left over!*

Thursday November 7, 1996

It gives me pleasure to organize my things so I can find exactly what I'm looking for when I need it. *Why, with two hands and a flashlight I can find my astute fondness for using "pleasure" and "my things" in the same sentence!*

Sunday October 13, 1996

How I use the power of my mind makes a big difference in the world. Every day I send loving energy to the planet and to areas where there is a crisis. *So you ask me whether I have a God complex?
I am God.*

Friday November 8, 1996

I feel glorious, dynamic energy. I feel active and alive. *I'm sitting on the VibroTron[®] again.*

Wednesday November 6, 1996

I release the need for lack. I can afford anything I believe I deserve. *After I release the need for lack, it returns to me, so it's true love or something. I guess I deserve it, so I know I can afford it. Now I just have to figure out what "the need for lack" is exactly!*

Monday October 28, 1996

All that I seek is already within me. What a comforting thought! *Sure, until I remember what I ate last night.*

Thursday November 14, 1996

I open a new door today to self-esteem and self-worth. I have all the abilities and talents, all the knowledge and emotions that I need. *I open a new door today, my front door. I should really open it and get out more often.*

Tuesday November 12, 1996

I break new ground and begin new ventures with the thoughts I think and the words I speak. I work for the good of the planet, and I am blessed. *Yep, you guessed it: I'm that thoughtful yet lovable old ditchdigger who incessantly talks to himself! Watch as I unearth the comedy in my hilarious new sitcom Can You Dig It? weekdays at eight on WB53[™]!*

Wednesday November 13, 1996

Joyous new ideas are circulating freely within me. *No, wait- it's just the four-bean salad. Never mind.*

Friday October 11, 1996

I am in total harmony with the Universe: the sun, the moon, the winds, the rain, and the Earth. *All that other Universe stuff doesn't count.*

THE
**ROAD LESS
TRAVELED**

Monday
JULY

8

1996

It is clear that exercising power with love requires a great deal of work, but what is this about the risk involved? The problem is that the more loving one is, the more humble one is; yet the more humble one is, the more one is awed by the potential for arrogance in exercising power. *Using the equation $x=ay+z$, $x=$ one's gross exercising power, $y=$ the value for work, $a=$ the risk factor, and z , the constant, $= 1$. Then add love^2 to both sides and divide by the square root of arrogance! (Don't worry, this word problem throws everyone. I really should remove it from the final.)*

Saturday November 9, 1996

I accept the wisdom from within with joy and know that I am worthy of reward for a job well done. The job of expressing goodness is ever rewarded. ...

Hello? I said, "I am worthy of reward for a job well done!" Is the job of expressing goodness ever rewarded? Goodness just isn't any good unless there is a reward involved!

Tuesday October 1, 1996

I easily flow with new experiences and with new directions and with new changes. *Usually, though, I just flow down my leg.*

Saturday October 12, 1996

I discover more and more about myself each day. I love everything about myself. *except my narcissism.*

Monday October 7, 1996

When a friend is troubled, I listen, empathize, and give advice when asked. I know how to be a good friend. *In fact, when I wish them well and turn to leave, my friends brighten up completely!*

Friday January 12, 1996

I see my negative patterns, and I make changes without embarrassment, regret, or guilt. I live totally in the Now. *I see my negative patterns, usually a clashing plaid or a particularly loud paisley. I make changes by discreetly pushing the clothes to the back of my closet or anonymously giving them to charity. When it comes to fashion, I live totally in the kNow.*

Tuesday October 8, 1996

I speak only those words that are loving, positive, and constructive. *Having eliminated virtually all of the words from my vocabulary, I render myself incapable of communicating with the outside world. People cannot understand and lash out at me in frustration. Within a week I am committed to a state institution.*

Thursday October 10, 1996

I am free enough and liberated enough to let myself go and have fun. I do not worry about the opinions, judgments, or value systems of others. *Attention all subscribers: kindly take your seats. Stow all psychological baggage and carry on hang-ups in the overhead compartment or neatly under the seat in front of you. Please extinguish all consciences, as this is a conscience-free flight. Passengers are advised to strap themselves in securely so as to lessen the impact of reality. Thank you for flying Liberation Airlines™.*

Friday December 27, 1996

I now accept the resolution of a long-standing problem. From this moment on, I focus my attention on the answer that I know will be revealed to me. *So, ssh, be quiet! The Magic 8-Ball™ says, "ANSWER UNCLEAR, TRY AGAIN." Argh! Not again!*

Saturday September 28, 1996

Abundance and fulfillment can come from anywhere today. I accept this in consciousness and open myself to receive all good. *Hunching my shoulders, I crouch low in the darkness. I know that abundance and fulfillment can sneak up from anywhere and brutally take me by surprise. I reach out with all my senses, straining to detect the direction from which they will strike. After a few minutes of this, boredom sets in. I get out of the neighbors' bushes and go home.*

Saturday December 28, 1996

I am open to the teachings of many different enlightened beings on this Earth. There are many lessons to be learned, and many teachers I can learn from. *So I skip class, go to parties, and drink like a fish. Hey, this is the best time of my life! Meanwhile, top universities and colleges all across the country are striving to find new and better ways to charge fees, collect tuition, and ultimately increase profits!*

THE ROAD LESS TRAVELED

Monday
FEBRUARY

12

1996

Almost all of us from time to time seek to avoid—in ways that can be subtle—the pain of assuming responsibility for our own problems. *Almost all of us, that is; the rest of us pick up the slack! (But if anyone out there has found a way to avoid the pain of assuming responsibility for their own problems, please contact me immediately. I may not be available, but don't blame me, it's not my fault. Just leave a message.)*

Friday October 4, 1996

Whenever a negative thought creeps into my mind, I replace it with a positive one. I am progressing on the path every day. *The path to complete denial.*

Sunday December 29, 1996

I am in the process of becoming my own best friend- the person I am most comfortable to be with. *Last night, though, I got into a fight with myself over the TV remote. It escalated and I ended up staying over at a friend's place while I stayed home and decided that actually I am most comfortable with a six-pack of Miller Light[™]. Sad, really.*

Friday October 25, 1996

I shine with love and warmth as an example to those around me. *Mostly, though, I shine to keep Jack Nicholson from chasing me with an axe.*
(ref. the Stephen King horror classic, "The Shining.")

Thursday October 24, 1996

I send thoughts of harmony to all the people in all the countries in the world. We are all brothers and sisters, sharing the planet. *Too bad my brother's a bully and my sister's a nag. I'm still working on the melody part, so get off my back, O.K.?! Look, never mind; I'm keeping the thoughts of harmony to myself! The postage alone is too expensive anyway!*

Saturday October 5, 1996

I now go beyond my parents' fears and limitations. I work in a career that I really enjoy, earn a good income, and express my talents and abilities. *My parents are losers, and boy, do I let 'em know it! By putting them down, I feel better about myself!*

Thursday October 3, 1996

I trust in my power to think. I am clear-headed, innovative, and open-minded. I express my thoughts easily and lovingly. *Yet I still watch daytime TV talk shows, make nasty scenes in public, and cut lanes of traffic without signaling. Go figure!*

THE
**ROAD LESS
TRAVELED**

Wednesday
OCTOBER

2

1996

Our failure to conduct—or to conduct fully and wholeheartedly—this internal debate between good and evil is the cause of those evil actions that constitute sin. —*Filibuster... OF THE DAMNED!*

Tuesday October 29, 1996

Gently and with love, I share energy with others today. I create peace in my heart by not criticizing myself. *The energy I save by not criticizing myself can then be put towards criticizing others. This is the only energy I'm willing to share today.*