

1. Joy

The idea is JOY. When was the last time you felt real joy-- that down-to-your-toes tingle of pure delight? Bigger than contentment, more intense than happiness, it's a feeling so vast it almost overwhelms you. And however, fleeting, joy is the ultimate expression of gratitude and appreciation. It's what fills you up and fills you out, connecting you to something larger than yourself and leaving you staggering with wonder.

2. SCRIPTURE

The people who walked in darkness have seen a great light; upon those who dwell in the land of gloom, a light has shone. You have brought them abundant joy and great rejoicing, as they rejoice before you as at the harvest, as men make merry when dividing spoils. For the yoke that burdened them, the pole on their shoulder, and the rod of their taskmaster you have smashed, as on the day of Midian. For every boot that tramped in battle, every cloak rolled in blood, will be burned as fuel for flames. For a child is born to us, a son is given us; upon his shoulder dominion rests. They name him Wonder-Counselor, God-Hero, Father-Forever, Prince of Peace.

3. I CAN!

We can lift ourselves out of ignorance. We can find ourselves as creatures of excellence and intelligence and skill. We can be free. We can fly! Each of us is in truth an idea – an unlimited idea of freedom. Everything that limits us we have to put aside. The most important thing in living is to reach out – reach out and touch perfection. As Jonathon Livingston Seagull learned, the gull sees farthest who flies highest. I will! I have! I can!

4. Attitude. Man's rise or fall, success or failure, happiness or unhappiness depends on his attitude ... a man's attitude will create the situation he imagines.

a. James Lane Allen

5. AMELIA EARHART

Some say things can't be done. Others do them, proving that with the right combination of bravado and talent, there's no telling what you can accomplish. Nicknamed "Lady Lindy", Amelia Earhart was not only the first woman to fly solo across the Atlantic, she held women's speed and distance records that earned her place as the first woman to receive the Distinguished Flying Cross. As a nurse during World War I, Earhart developed an early concern for her fellow man that helped her champion human rights around the world. Her memorable accomplishments in the air moved her to pen three best-selling books.

#6 JOHN GLENN

When the U.S. Manned Space Program began in 1958, John Glenn was selected to be one of the original seven Mercury astronauts. When Glenn successfully piloted his "Friendship 7" spacecraft three times around Earth in just less than five hours on February 20, 1962, he became an instant national hero. In fact, he may have become too heroic for his own good--although Glenn was anxious to go up again, President Kennedy reportedly pulled him from flight status, worried what would happen if a figure of such adulation should perish in a future flight.