



18 Things We Can Learn From A Dog

1. Never pass up the opportunity to go for a joy ride.
2. Allow the experience of fresh air and the wind in your face to be pure ecstasy.
3. When loved ones come home, always run to greet them.
4. When it's in your best interest, practice obedience.
5. Let others know when they've invaded your territory
6. Take naps, and stretch before rising.
7. Run, romp and play daily.
8. Eat with gusto and enthusiasm.
9. Be Loyal.
10. Never pretend to be something you're not.
11. If what you want is buried, dig until you find it.
12. When someone is having a bad day, be silent, sit close by and nuzzle.
13. Thrive on attention and let people touch you.
14. Avoid a bite when a simple growl will do.
15. On hot days, drink plenty of water and lie under a shady tree.
16. When you're happy, dance around and wag your entire body.
17. Delight in the simple joy of taking a walk.
18. No matter how often you're scolded, don't buy into the guilt thing and pout...run back and make friends.



HelpPeopleSM
Employee Assistance Program

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