

High 5 Foundation

Does this world make you Crazy? – *Get High 5!*

Loving God, myself, family, friends and others
Leading and following
Laboring
Learning
Laughter and Leisure

Do you often feel afraid, lonely, deeply sad, lifeless, bored, full of rage, empty or even suicidal? Do you sometimes feel like you have no purpose for being in the world?

Do you, at times, depend on drugs, alcohol, crime, gambling, violence, or sexual addictions? Do you find yourself enslaved in behaviors such as pornography? Are you spending *excessive* time on activities that aren't helping you to realize your best self, such as watching television, going shopping, or pursuing entertainment? Do you spend wasteful amounts of time on internet sites, social media, and video games as a coping mechanism?

You do have a purpose!

Simply ask yourself the questions on page 2 of this flier as you go about each day, or at day's end, and begin to move forward, one step at a time in a positive way. This will not be easy, but easy isn't always best. Eventually your life will slowly get better, and **you CAN be happy!**

Discuss these things with your family and evaluate your child's life in these areas, teaching them the High 5. As you begin to see the power of this message, share it with friends, relatives, and neighbors through social media such as Twitter, Facebook and Instagram. Also, please politely ask if you may post or leave copies as you can in prisons, stores, libraries, schools and other places of business until everyone learns the High 5. Think of other creative ways to share the High 5 through music, art, and wherever you travel. If one person is able to have a better day or a better life because of your efforts, and in turn they copy, use and share High 5, **you will have done something to positively change the world!**

(page 1 of 2)



<http://www.high5foundation.org>



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The “High 5” Questions

1. Have I **loved God, myself, family, friends and others**?
 - A. Have I asked God, “What is my purpose for being here?” Have I asked for strength for myself or others today? Have I asked for forgiveness? Have I focused on the good things in my life?
 - B. Have I told myself that God loves and forgives me, and has given me special qualities? Have I eaten healthy foods and drinks, exercised, used good hygiene, taken needed medication, gotten sunlight using sunscreen, and rested?
 - C. Have I honored, loved, and respected my parents, children, siblings, relatives and friends? Have I tried to say, “I love you”? Have I said “I’m sorry” to those I’ve offended? Have I forgiven those who have hurt me and moved on?
 - D. Have I tried to reach out to someone in some way, however small, such as giving a compliment, a smile, a hug, or a friendly “hello”? Have I touched someone, or even an animal or a plant in a caring way? Have I treated people kindly on **social media**?
2. Have I been a **leader** and a **follower**?
 - A. Have I committed myself to going forward in life, doing at least one positive thing daily, refusing to be overcome by harmful addictions. Am I seeking to fulfill my purpose, even after setbacks or failures?
 - B. Have I kept my eyes open for positive role models, and tried to respectfully learn from them, knowing that they also will fail or make poor choices at times? Can I forgive them and go on?
3. Have I **labored**?
 - A. Have I done at least one productive thing each day, and been willing to work hard to survive and prosper?
 - B. Have I done my best in school or at work?
 - C. Have I used my money wisely? Have I learned to manage my money and extended generosity to others?
4. Have I **listened** and **learned**?
 - A. Have I enriched my mind by talking with others, attending school or workshops, reading, or watching something worthwhile on television?
 - B. Have I truly listened to other’s points of view?
 - C. Have I set aside time for reading and listening to audio books?
5. Have I **laughed** and had **leisure** time?

Have I tried to make my work fun, looked for humor in each situation, shared jokes and laughter with others, and enjoyed a hobby or other recreation?

(page 2 of 2)

