

PROTIPS WEEKLY - Vol. 16/November, 2007

Before our television set broke down (my husband and I are not eager to replace it to encourage the kids to read more!) one of my favorite TV programs is QTV's "Pinaka". I find their weekly list interesting and sometimes worth trying, like their featured "Pinaka masarap na Kainan." Their episode on "Pinaka Angat na mga TV Commercials" brought me back to memory lane and for almost a week, I found myself humming Sarsi's jingle "Angat sa Iba".

That program somehow inspired me to come up with PROTIPS' "Pinaka" list. The tips are not original. I found this posted on the DZAS memo board on my way to the studio for a recording. Read on and be reminded of important life nuggets that can help you in the workplace.

Dalawampung PINAKA Importanteng PROTIPS

- 1) The most destructive habit – Worry
- 2) The greatest joy – Giving
- 3) The greatest Loss – Loss of self-respect
- 4) The most satisfying work – Helping Others
- 5) The ugliest personality trait – Selfishness
- 6) The most endangered species – Dedicated Leaders
- 7) Our greatest natural resource – Our Youth
- 8) The greatest shot in the arm – Encouragement
- 9) The greatest problem to overcome – Fear
- 10) The most effective sleeping pill – Peace of Mind
- 11) The most crippling failure disease – Excuses
- 12) The most powerful force in life – Love
- 13) The Worst Thing to be Without – Hope
- 14) The deadliest weapon- The Tongue
- 15) The two most power-filled words – "I Can"
- 16) The greatest asset – Faith
- 17) The most worthless emotion – Self-pity
- 18) The most prized possession-Integrity
- 19) The most powerful channel of communication – Prayer
- 20) The most contagious spirit - Enthusiasm