**THOUGHT FOR THE DAY**

**WEEK BEGINNING 23rd APRIL 2018**

**WELLBEING TASK OF THE WEEK: PRIORITISE FAMILY AND FRIENDS THIS WEEK.**

**KEY WORDS FOR CONSIDERATION: ‘SMART WORK’; HAPPINESS; SELF-FULFILMENT; EDUCATION; FRIENDSHIP**

**PRAYER TO BE REPEATED EACH DAY: Lord, help us to think about the skills we will need for the future, and to focus on developing these. Let us make time to consider our core values and live truthfully by them. Amen.**

1. ***‘As part of the Speakers for Schools campaign, I was asked recently to visit a state school to give a talk about the skills that young people will need for the future. It made me reflect on things that my older self would advise my younger.***

***First, learn the difference between hard work and smart work. I have spent far too much of my life working overly hard, whereas if I had done a little less and thought a little more about what I was trying to do, I could hae saved myself a lot of time and effort. The best question to ask yourself is ‘Why?’ Making lists of objectives, asking others of candid advice, and responding to criticisms positively rather than defensively, are all good ideas.’***

***Sir Anthony Seldon, Vice-Chancellor of Buckinghamshire University.***

What is the difference between ‘hard work’ and ‘smart work’? Do you work ‘hard’ or ‘smart’? How could you work ‘smarter’?

1. ***‘Second, prioritise happiness and self-fulfilment above worldly success. The world is full of miserable individuals who may have been outwardly successful, rising to the top of their companies or organisations. But inwardly, they are howling with pain, and often come over as tired, abrasive and humourless. In truth, they are merely exhausted too much of the time. The more we can ascertain our core values and live truthfully to them, the happier and more fulfilled we will be.’***

**Sir Anthony Seldon.**

What are your ‘core values’? Do you live truthfully to them?

1. ***‘Three, prioritise family and friends. All my life, I have spent far too much time with people who are not my true friends, and insufficient time with those who are. Nothing matters more than family, I can see now more clearly towards the end of my life than I did at the beginning.’***

**Sir Anthony Seldon.**

Do you give enough of your time to your family and true friends? Do you think you take them for granted?