

What the *HUGS* Accounting System is all about

From the “Living It Daily” newsletter by Suzanne Devereux



I think our old way of keeping score with how well we're doing stinks. How much money we have in Hip Pocket National Bank is a lousy way of keeping score. Whoever thought it up in the first place probably had good intentions, but it's just not serving us very well, is it?

What if the measure of our success, on whether we're living a valuable life, was tracked by the number of hugs we give and get each day?

Why not? Does that make any less sense than keeping score based on how many pieces of green paper you have in your wallet?

How would your life change if you started basing your self-worth on the number of people you authentically connected with, either through hugs, kisses, smiles, kind words, or helpful acts? What would your tally card look like at the end of a day?

Sheesh. Imagine how wealthy we would all be in the things that REALLY matter.

**Putting
it into
Practice**

Tally it up for a month

Before you go to bed tonight, and each night for the next month, review your day and give yourself gold stars or tally marks for each kind and loving interaction you had with another person. Maybe you held the door for 2 people, looked 5 people in the eye and smiled, gave four co-workers a compliment, went to your Meetup group and hugged 12 people... let's see, what else could you tally up? Does kissing your significant other count? Does calling your mom to say hello? What do you think -- what else could be counted as proof that the life you're living has meaning and value?

HUGS ACCOUNTING SYSTEM

Each night before going to sleep, give yourself a mark for each loving and caring connection you made with another person that day. There are some blank columns for you to fill in with your own ideas on how to keep score. Enjoy!

Date	HUGS	KISSES	SMILES	COMPLI- MENTS	ACTS OF KINDNESS						Total Daily Tally