

## How to be a decent person

1. Give compliments and thanks especially to waiters and others who are rarely appreciated in their service.
2. Be smart, use deodorant, practice good oral hygiene (incl. salt gargle, seeing a dentist once or twice a year)
3. Smile! And make the family and the work place and social interactions better.
4. Read much and widely – Christian and non-Christian books, read people you disagree with, read politics, economics, history, novels, magazines (including [Conversation!](#))
5. Take a hobby. (Asking yourself [3 crucial questions.](#))
6. Write – journal, blog, prayer letters, write down your thoughts, articles, [write yourself clear.](#)
7. Make time for friends and family. If you're expected to be home for a big family event be there if at all possible. Without intentionality relationships die. Don't neglect the home front ([especially if you go into pastoral ministry](#)).
8. Keep your word, be a trustworthy person, keep financial and time commitments.
9. Don't become 'churchy' and let church activities swallow up all your time - over-burdened, exhausted, with no non-Christian friends or contacts.
10. Be courteous in conversation, looking people in the eye (without staring), paying attention (brothers listening to sisters focus on the face!)
11. Walk confidently, not slouching; sit with legs not all over the place!
12. Take exercise, eat healthily.

*Harrison Mungai, April 2014*