

# **Lunchmeat & Life Lessons**

with Mary B. Lucas

# The *People* Business





**John Bichelmeyer**  
1916 - 2004

*“ To live in hearts we leave  
behind is **not** to die.”*

LUNCHMEAT  
& LIFE LESSONS

SHARING A BUTCHER'S WISDOM

MARY B. LUCAS, B.D.

***“Don’t forget the Comeback Sauce!”***

# Comeback Sauce

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## Recipe

- 1 Part Recognition
- 1 Part Connection
- Add a Dose of the Unexpected



# Overwhelmed?

All Day "ON"

People Problems

Work Life Balance

**YOU**

Personal Issues

Parents – Spouse – Kids

Change & Uncertainty

***“The only way YOU can  
change how YOU view the  
world is to change how YOU  
view the world.”***

***“Find the Like.”***

***“If you don’t like somebody,  
they don’t like you.”***

Who is your Lisa Gray?

**Admit your mistakes.**

***“Raise your hand put it down and get back to playing the game.”***

Know when to *let it go.*



***“Over the L.”***

***“Don’t take life so seriously,  
you are never going to get  
out if it alive anyway.”***

***“Enjoy the Ride!”***

***“Celebrate every chance you get.”***

***“Nobody makes you  
happy but yourself.”***

***“If you don’t have a happy birthday, it’s your own damn fault.”***

***“Don’t get all wrapped up in  
yourself because...”***

***...when you are all wrapped  
up in yourself you make a  
damn small package!”***



***“Don’t act like it’s your  
due...take every chance to  
say THANK YOU!”***

**Last bit of wisdom...**

***“Inspire Yourself.”***

**Thank You!**