

39 Tips for a Better Life

- 1. Take a 10-30 minutes walk every day. And while you walk, smile.**
- 2. Sit in silence for at least 10 minutes each day and meditate.**
- 3. Sleep for 7 hours.**
- 4. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.**
- 5. Play more games.**
- 6. Read more books than you did before.**
- 7. Make time to pray. Prayers provide us with daily fuel for our busy lives.**
- 8. Spend time with people over the age of 70 & under the age of 6.**
- 9. Dream more while you are awake.**
- 10. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.**
- 11. Drink plenty of water.**
- 12. Try to make at least three people smile each day.**
- 13. Don't waste your precious energy on gossip.**
- 14. Forget issues of the past. Don't remind your partner with his/her mistakes of the past. That will ruin your present happiness.**
- 15. Don't have negative thoughts on things you cannot control. Instead invest your energy in the positive present moment.**
- 16. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.**
- 17. Eat breakfast like a king, lunch like a prince and dinner like a beggar.**
- 18. Smile and laugh more.**
- 19. Life is too short to waste time hating anyone. Don't hate others.**

- 20. Don't take yourself too seriously. No one else does.**
- 21. You don't have to win every argument. Agree to disagree.**
- 22. Make peace with your past so it won't spoil the present.**
- 23. Don't compare your life to others'. You have no idea what their journey is all about. Don't compare your partner with others.**
- 24. No one is in charge of your happiness except you.**
- 25. Forgive everyone for everything.**
- 26. What other people think of you is none of your business.**
- 27. GOD heals everything.**
- 28. However good or bad a situation is, it will change.**
- 29. Your job won't take care of you when you are sick. Your friends will. Stay in touch.**
- 30. Get rid of anything that isn't useful, beautiful or joyful.**
- 31. Envy is a waste of time. You already have all you need.**
- 32. The best is yet to come.**
- 33. No matter how you feel, get up, dress up and show up.**
- 34. Do the right thing!**
- 35. Call your family often.**
- 36. Your Inner most is always happy. So, be happy.**
- 37. Each day give some thing good to others.**
- 38. Don't over do. Keep within your limits.**
- 39. When you awake alive in the morning, thank GOD for it.**