

words to live by...

health:

- be an early riser. it'll make you happier, more productive, and healthier. seize the day.
- don't forget to breathe.
- drink lots of water.
- eat breakfast like a king, lunch like a prince, and dinner like a beggar.
- eat more food that grows on trees and plants and less that is manufactured in plants.
- laugh. smile. choose to be happy.
- listen to your gut. trust yourself.
- live with the 3 E's – energy, enthusiasm and empathy.
- play more games.
- read more books than you did last year.
- sit in silence for 5 minutes each day.
- sleep for 7 hours each night.
- take a 10 to 30 minute walk daily, and smile while you walk.
- treat yourself like a princess.

personality:

- be grateful for the present moment. take time to appreciate your blessings.
- be willing to be wrong. no one is perfect.
- don't be afraid to take risks. there is no reward in life without risk.
- don't compare your life to others. you have no idea what their journey is all about.
- don't have negative thoughts on things you cannot control. instead invest your energy in the positive present moment.
- don't over do. keep your limits.
- don't take yourself so seriously. no one else does.
- don't waste your precious energy on gossip.
- dream more while you are awake.
- envy is a waste of time. you already have all you need.
- make peace with your past so it won't spoil the present.
- no one is in charge of your happiness except you.
- set goals every month, every year, and every five years.

society:

- be willing to say "no."
- call your family often.
- each day give something good to others.
- spend time with people over the age of 70 and under the age of 7.
- surround yourself with good people.
- try to make at least three people smile each day.
- what other people think of you is none of your business.

life:

- do the right thing.
- get rid of anything that isn't useful, beautiful or joyful.
- however good or bad a situation is, it will change.
- no matter how you feel, get up, dress up and show up.
- the best is yet to come.
- what you think about is what you become.
- your inner most is always happy. so, be happy.