

## **40 TIPS FOR A BETTER LIFE IN 2010**

- 1. Take a 10 to 30 minute walk every day. And while you walk, smile.**
- 2. Sit in silence for at least 10 minutes each day. Buy a lock if necessary.**
- 3. Buy a DVR and tape your late night shows and get more sleep.**
- 4. When you wake up in the morning, complete the following sentence:  
“My purpose today is to \_\_\_\_\_”**
- 5. Live with the 3 E’s: Energy, Enthusiasm, and Empathy.**
- 6. Play more games and read more books than you did last year.**
- 7. Make time to practice meditation, yoga, tai chi, and prayer. They provide us with daily fuel for our busy lives.**
- 8. Spend time with people over the age of 70 and under the age of 7.**
- 9. Dream more while you are awake. Dreams sometimes come true.**
- 10. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.**
- 11. Drink green tea and plenty of water. Eat blueberries, blackberries, salmon, broccoli, almonds, and walnuts.**
- 12. Try to make at least 3 people smile each and every day.**
- 13. Clear clutter from your home, your car, your work space and let new and flowing energy into your life.**
- 14. Don’t waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts, or things you cannot control. Instead invest your energy in the positive present moment.**
- 15. 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.**
- 16. Eat breakfast like a king, lunch like a prince and dinner like a college kid, with a maxed out charge card.**
- 17. Smile and laugh more. It will keep the energy vampires away.**
- 18. Life isn’t fair, but it is still good.**
- 19. Life is too short to waste time hating anyone.**
- 20. Don’t take yourself so 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.**
24. **No one is in charge of your happiness except you.**
25. **Frame every so-called disaster with these words: "In five years, will this matter?"**
26. **Forgive everyone for everything, no matter what.**
27. **What other people think of you is none of your business.**
28. **GOD heals almost everything.**
29. **However good or bad a situation is, it will change.**
30. **Your job won't take care of you when you are sick. Your friends will. Stay in touch with your friends. Call your parents daily.**
31. **Get rid of anything that is not useful, beautiful or joyful.**
32. **Envy is a waste of time. You already have all you need.**
33. **The best is yet to come.**
34. **No matter how you feel, get up, get dressed up and show up.**
35. **Do the right thing.**
36. **Call your family often. Or email or text them to death.**
37. **Each night before you go to bed, complete the following statements: I am thankful for \_\_\_\_\_. Today I accomplished \_\_\_\_\_.**
38. **Remember that you are too blessed to be stressed.**
39. **Enjoy this ride. Remember this is not Disney Land and you certainly do not want a fast pass, because you will miss too much. You only have one ride through life so make the most of it and enjoy the ride.**
40. **Please pass this around to anyone and everyone.**