

30 Tips for an Exceptional, Superb & Powerful Life in 2012!

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. When you wake up in the morning complete the following statement, "My purpose is to_____ today."
4. Listen to more music, play more games and read more books than you did in 2011.
5. Spend more time with people over the age of 70 and under the age of 6.
6. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
7. Drink green tea and plenty of water. Eat blueberries, wild salmon, broccoli, almonds & walnuts
8. Try to make at least three people smile each day.
9. 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.
10. 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.
11. Smile and laugh more. It will keep the energy vampires away.
12. Life isn't fair, but it's still good.
13. Life is too short to waste time hating anyone.
14. Don't take yourself so seriously. No one else does.
15. You don't have to win every argument. Agree to disagree.
16. Make peace with your past so it won't screw up the present.
17. Don't compare your life to others'. You have no idea what their journey is all about.
18. Burn the candles, use the nice bed sheets, Don't save it for a special occasion. Today is special.
19. No one is in charge of your happiness except you.
20. Frame every so-called disaster with these words: "In five years, will this matter?"
21. Forgive everyone for everything.
22. What other people think of you is none of your business.
23. Time heals almost everything. Give time, time.
24. However good or bad a situation is, it will change. So stop complaining about the weather, the job, the rents etc etc

25. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
26. Get rid of anything that isn't useful, beautiful or joyful.
27. Envy is a waste of time. You already have all you need.
28. The best is yet to come.
29. Do the right thing!
30. Each night before you go to bed complete the following statements: " am thankful for ____."
Today I accomplished