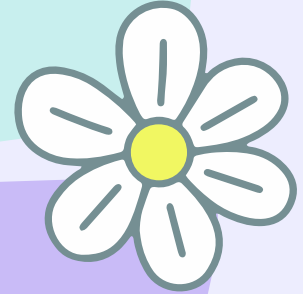


50 Super Simple Tips for Living Your Best Life



1. Say "I love you" often.
2. Do something nice for another person every day.
3. Listen more, talk less.
4. Strive for progress, not perfection.
5. Don't be afraid to admit when you make a mistake.
6. Be kind to unkind people.
7. Cultivate good manners.
8. Realize and accept that life isn't fair.
9. Be mindful and present.
10. Have a grateful heart.



11. Let go of fear and worry.
12. Stop blaming other people.
13. Don't make excuses for your behavior.
14. See the good in people.
15. Stop criticizing and judging other people.
16. Be humble and generous.
17. Learn from the past.
18. Plan for the future.
19. Don't sweat the small stuff.
20. Remember, it's all small stuff.



21. Donate older items to charity.
22. Spend time alone each day.
23. Let go of things you can't control.
24. Accept what cannot be changed.
25. Count your blessings, not your troubles.
26. Do the right thing.
27. Stop comparing yourself to others.
28. Find your compassion and empathy for others.
29. Let go of anger and resentment.
30. Create and maintain a positive mindset.

31. Choose joy and happiness.
32. Use self-control and calmness as super powers.
33. Be organized.
34. Appreciate the people in your life.
35. Be honest and truthful.
36. Commit to constant personal growth.
37. Be forgiving.
38. Always do and be your best.
39. Be part of the solution, not the problem.
40. Stop arguing.



41. Learn to laugh at yourself.
42. Have fun.
43. Speak well of others.
44. Stop competing.
45. Get proper exercise.
46. Drink plenty of water.
47. Sleep enough.
48. Eat healthy foods.
49. Travel, adventure and explore.
50. Smile more.

