

## Wellness Tips for A Better Life in 2009



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. Buy a DVR. Tape your late night shows and get more sleep.
4. When you wake up in the morning complete the following statement, 'My purpose is to \_\_\_\_\_ today.'
5. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
6. Play more games and read more books than you did in 2008.
7. Make time to practice meditation, yoga or stretching, and prayer. They provide us with daily fuel for our busy lives.
8. Spend more time with people over the age of 70 and 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 from plants.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.

12. Try to make at least three people smile each day.
13. Clear clutter from your house, your car, your desk 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. Try & pay an honest compliment to someone you wouldn't normally.
18. Life isn't fair, but it's 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 really matter?'

26. Forgive everyone for everything.
27. What other people think of you is none of your business.
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. Each night before you go to bed complete the following statements: I am thankful for \_\_\_\_\_. Today I accomplished \_\_\_\_\_.
37. Remember that you are too blessed to be stressed.
38. Enjoy the ride. Remember this is not Disney World and you certainly don't want a fast pass. You only have one ride through life, so make the most of it and enjoy the ride.

### Final Analysis

People are often unreasonable,  
Illogical, and self-centered;  
Forgive them anyway.

If you are kind,  
People may accuse you of being selfish, having an ulterior motive;  
Be kind anyway.

If you are successful,  
You will win some false friends and some true enemies;  
Succeed anyway.

If you are honest and frank,  
People may cheat you;  
Be honest and frank anyway.

What you spend a year building,  
Someone could destroy overnight;  
Build anyway.

The good you do today,  
People will often forget tomorrow;  
Do good anyway,

and

Give the world the best you've got anyway.

It was never between you and them anyway.