

40 Tips for a Powerful New Year

- 1. Take a 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 TIVO, tape your late night shows and get more sleep.**
- 4. When you wake up in the morning decide: "My purpose is to _____ today."**
- 5. Live with the 3 E's: Energy, Enthusiasm, and Empathy.**
- 6. Watch more movies, play more games and read more books than you did in 2007.**
- 7. Make time to practice meditation, yoga, and prayer.**
- 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. Eat fewer foods manufactured *in* plants.**
- 11. Drink green tea & water. Eat blueberries, salmon, broccoli, almonds & walnuts.**
- 12. Try to make at least 3 people smile each day.**
- 13. Clear clutter from your house, your car, and your desk.**
- 14. Avoid negative thoughts & things you cannot control. Invest in the positive present moment.**
- 15. Life is a school and you are here to learn. Problems are simply part of the curriculum.**
- 16. Eat breakfast like a king, lunch like a prince and dinner like a pauper.**
- 17. Smile and laugh more.**
- 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. Burn the candles, use the nice sheets, and wear the fancy lingerie. Don't save them.**

25. No one is in charge of your happiness except you.
26. Frame every so-called disaster with these words: "In five years, will this matter?"
27. Forgive everyone everything.
28. What other people think of you is none of your business.
29. Time heals almost everything.
30. However good or bad a situation is, it will change.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
32. Get rid of anything that isn't useful, beautiful or joyful.
33. Envy is a waste of time. You already have all you need.
34. The best is yet to come.
35. No matter how you feel, get up, dress up and show up.
36. Do the right thing.
37. Call your mother and father often.
38. Each night before you go to bed complete the following statements:
"I am thankful for _____. "Today, I accomplished _____."
39. Remember that you are too blessed to be stressed.
40. Enjoy the ride.