

# HEALTHFUL TIPS

## Live a Better Life

It's often the little things that add quality to our lives—not achieving or having more. It's about how we live in each moment that defines our enjoyment. We all need a gentle reminder now and again to look at our choices and perspective to make sure they are allowing us to live a better life.

### Let the past be the past.

Learn from what has happened in your life and then let it go. As you leave the past behind, move on stronger than ever, ready to embrace the great things that are waiting for you.

### Focus on caring for yourself.

Devote time to doing something that you love and feel wonderful doing and practice self-affirmations like, you've got this, you worked hard for this, you deserve this, way to go, and you're awesome.

### Be a minimalist.

Give away nonessential belongings so you have less clutter and less to manage. Dress simply, live simply, and eat simply.

### Shorten your to-do list.

Focus on essential activities that you enjoy and lose those activities that just keep you busy.

### Choose your companions carefully.

Focus your energies on the family and friends who enhance your life. Distance yourself from those who make you feel bad.

### Appreciate your life.

When you focus on what and who you have in your life rather than what you do not have, your happiness will intensify.



### Plan less, live more.

Some planning, like meal planning, can simplify and improve our lives. It's when we worry and try to plan for every possible outcome, that we are robbed of the present moment.

### Move out of your comfort zone.

It's exciting to do things that scare you a bit and challenge your abilities. You'll learn and grow by reaching for new experiences.

### Stand straight.

You'll feel more confident. Add a smile and you'll feel happier. Who knew it was that easy?

### Be nice.

No matter what, be kind and encouraging to others. You can't know what hardships others are going through. Kind words and a warm smile may just lift them up and make their day.

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**TO HAVE A BETTER LIFE  
WE MUST KEEP CHOOSING  
HOW WE ARE LIVING.**

Albert Einstein

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