

**Sit in silence for at least 10 minutes  
each day.**



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When you  
wake up in  
the  
morning  
complete  
the  
following  
statement,  
"My  
purpose is  
to ...  
today."



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**Live with the 3 E's ... Energy,  
Enthusiasm, Empathy, and the 3 F's**

**...**

**Faith, Family, Friends.**



**Spend  
more time  
with people  
over the  
age of 70  
and under  
the age of  
six.**



**Dream more while you are awake.**



Try to make at least three people smile each day.



**Realize that life is a school and you are here to learn, pass all your tests.**

**Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.**



**Smile and  
laugh more. It  
will keep the  
energy  
vampires away.**



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Life isn't fair, but it's still good.

