

10 Tips for Life Harmony

Everyday choices make a difference in your overall health and wellness. The goal is to find things that make you happy, pick you up when you are down, enrich your life, challenge you to thrive and encourage you to move ahead. This pocket guide is your secret tool to keeping things on even keel when life gets tough. When you feel distress, just take a few quiet moments to breathe and follow these tips.

1 **Start the day with a morning ritual you will look forward to.** Hot shower, yummy breakfast, prayer, favorite lipstick and/or your favorite scent. It announces your day has started!

2 **Offer yourself kindness and understanding when you make a mistake.** Imperfection is universal. We grow stronger and wiser as a result.

3 **Delegate something you don't like to do.** We do a ton of things each day that we don't want to do, convinced that we have to do them. Not all of them! Practice letting go.

4 **Nourish your body with quality foods.** When the body feels satisfied you have more energy to pursue your day.

5 **Take a risk or try something new every day.** It may be scary, but it will empower you to do more and take actions to create the life you want.

6 **Make time for something you love to do.** It's easy to put it off until another day but you never get to it because of the "have to do" things. Make today the day!

7 **"You may be right" is a statement that can put an end to inundating advice from well-meaning coworkers, relatives and friends.**

8 **Take time each day for your Higher Power—** whatever that means to you. Sit quietly in reflection, be present in the moment, read a devotional, journal an entry—all these invite centeredness.

9 **Be of service to others!** When we give to others we take a break from focusing on our troubles. When we come back, we often have a new perspective. Give, donate, share, invite, thank, and/or offer.

10 **Smile and say hello to someone today.** Not only does smiling release the feel-good chemicals, but it also rewires your brain for long-term happiness.

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