



A simple formula for living.

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31 ways to live a happier, more meaningful life.

- Live beneath your means.
- Return everything you borrow.
- Stop blaming other people
- Admit it when you make a mistake.
- Give clothes not worn to charity.
- Do something nice and try not to get caught.
- Listen more; talk less.
- Take a 30-minute walk every day.
- Strive for excellence, not perfection.
- Be on time. Don't make excuses.
- Don't argue.
- Get organized.
- Be kind to unkind people.
- Let Someone cut ahead of you in line.
- Take time to be alone.
- Cultivate good manners.
- Be humble.
- Realize and accept that life isn't fair.
- Know when to keep your mouth shut.
- Go on an entire day without criticizing anyone.
- Learn from the past. Plan for the future.
- Live in the present.
- Don't sweat the small stuff. It's all small stuff.
- Find your passions and purpose in life.
- Drop your limiting beliefs.
- Get to know yourself.
- Do a random act of kindness.
- Say hello.
- Be kind to yourself.
- Love yourself.
- Live intentionally.