

WISDOM 65

1. Remember that you are how you live
2. Do what you love, love what you do
3. Give unconditional love
4. Love others in order to be loved
5. Cherish each day
6. Maintain a positive spirit
7. Give love from your heart
8. Follow your bliss
9. Practice gratitude
10. Make kindness your spiritual practice

11. Focus on positive thoughts
12. Remember that today may be your last
13. See the light through the darkness
14. Smile at strangers
15. Go for a walk instead of watching TV
16. Take work breaks
17. Go to the gym
18. Make love not war
19. Nurture friends who make you feel good
20. Crush your inner self-critic

21. Be creative every day
22. Adopt a pet
23. Create an altar in your home
24. Be a seeker
25. Journal on a daily basis
26. Write letters to friends who are far away
27. Tell loved ones how you feel about them
28. Make regular wish lists
29. Nurture a passion
30. Engage in hobbies
31. Laugh like a child

32. Eat a clean diet
33. Indulge in an ounce of chocolate each day
34. Always use a strong reading light
35. Refrain from eating sugar
36. Smell the roses
37. Push the envelope
38. Travel to new places
39. Be lustful
40. Always dress nicely
41. Drink only after you eat

42. Take photos of special moments
43. Drink a glass of lemon water each morning
44. See a holistic physician
45. Always get three surgical opinions
46. Wash your hands before you eat
47. Travel with safety pins and a needle and thread
48. Practice loving kindness
49. Meditate daily
50. Be kind to your neighbors
51. Release toxic people from your life

52. Send thank-you cards
53. Say please and thank you
54. Pour sake for others and then yourself
55. Put the toilet seat down
56. Drink 8 to 12 glasses of water daily
57. Give to your favorite charity
58. Practice the Golden Rule
59. Spend time with your beloveds
60. Read everything you can
61. Visit your dentist regularly

62. Celebrate the good times
63. Do one scary thing each day
64. Honor yourself
65. Thank your parents for your life