



30 + Ways to Live Your Best Life Today

1. *Seek to Understand the Truth.*
2. *Truth is a result of this equation: Your truth + Their Truth = THE Truth.*
3. *Listen more and speak less.*
4. *Care more than others think is reasonable.*
5. *You don't need anyone's permission to lead.*
6. *Speak your truth with grace and kindness.*
7. *Take a 30 minute walk every day. While you walk, give thanks..*
8. *Sit in Silence and listen to your intuition.*
9. *Listen with 3 Es - Energy, enthusiasm and empathy.*
10. *Make time to exercise.*
11. *Practice meditation.*
12. *Greed is an energy of "lack" -- the action of holding onto anything too tightly is motivated by the thought that there isn't enough.*
13. *Fear is human - it can be a powerful motivator. Use it for good.*
14. *Realize that life is a school and you're here to learn. Mistakes are part of the curriculum.*
15. *Smile and laugh more.*
16. *Boundaries are necessary. They help you (and others) understand what you are willing and unwilling to tolerate.*
17. *What you tolerate will continue.*



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18. *Come to terms with the fact that life isn't fair.*
19. *Being positive is great, but being authentic is better.*
20. *Don't take yourself too seriously.*
21. *You don't have to win every argument. Agree to disagree.*
22. *Make peace with your parents and your past.*
23. *Don't compare your life to others. You have no idea what their journey is all about.*
24. *You're in charge of your own happiness.*
25. *What others think of you is about them and not you.*
26. *However good or bad a situation, it will change.*
27. *Time heals almost everything.*
28. *Get rid of anything that isn't useful, beautiful or joyful.*
29. *Ignore the advice to "let it go." Instead, look closer to discover what it is trying to teach you.*
30. *If you don't like the way the world is, change it.*
31. *Being peaceful is not about shoving it under the rug. Bring it to the light to be understood.*
32. *Respect cannot be demanded. It is earned.*
33. *Your children will follow what you do, not what you say.*
34. *You can be a victim without having a victim mentality.*