

**PRESENTATION
TO MAKE YOUR
LIFE BETTER IN
JUST 40 TIPS**

**By :
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FIRST TIP-

**TAKE A 10-30
MINUTES WALK
EVERY DAY.
AND SMILE, WHILE
YOU WALK.**

2ND._

**SIT IN SILENCE
FOR AT LEAST
10 MINUTES
EACH DAY.**

3RD -

**SLEEP FOR
7 HOURS.**

4TH._

**LIVE WITH THE 3E'S-
ENERGY,
ENTHUSIASM AND
EMPATHY.**

5TH._

**PLAY MORE
GAMES.**

6TH._

**READ MORE
BOOKS THAN YOU
DID DURING LAST
YEAR.**

7TH -

**MAKE TIME TO PRACTICE
MEDITATION, YOGA, AND
PRAYER. THEY PROVIDE
US WITH DAILY FUEL FOR
OUR BUSY LIVES.**

8TH_

**SPEND TIME WITH
PEOPLE
OVER THE AGE OF
70 & UNDER
THE AGE OF 6.**

9TH._

**DREAM MORE
WHILE YOU
ARE
AWAKE.**

10TH._

**EAT MORE FOODS
THAT GROW ON
TREES AND PLANTS
AND EAT LESS FOOD
THAT IS
MANUFACTURED IN
PLANTS.**

11TH.

**DRINK
PLENTY
OF WATER.**

12TH -

**TRY TO MAKE AT
LEAST THREE
PEOPLE SMILE
EACH DAY!!!**

13TH._

**DON'T WASTE
YOUR PRECIOUS
ENERGY ON
GOSSIP.**

14TH._

**FORGET ISSUES OF THE
PAST.DON'T REMIND
YOUR PARTNER WITH
HIS/HER MISTAKES OF
THE PAST.THAT WILL
RUIN YOUR PRESENT
HAPPINESS.**

15TH._

**DON'T HAVE NEGATIVE
THOUGHTS OR THINGS
YOU CANNOT CONTROL.
INSTEAD INVEST YOUR
ENERGY IN THE POSITIVE
PRESENT MOMENT.**

16TH._

**REALIZE THAT LIFE IS A
SCHOOL AND YOU ARE HERE TO
LEARN. PROBLEMS ARE SIMPLY
PART OF THE CURRICULUM
THAT APPEAR AND FADE AWAY
LIKE ALGEBRA CLASS BUT THE
LESSONS YOU LEARN WILL
LAST A LIFETIME.**

17TH._

EAT BREAKFAST LIKE

A KING,

LUNCH LIKE A PRINCE

AND

DINNER LIKE

A BEGGAR .

18TH.

SMILE

AND

LAUGH MORE!

19TH._

**LIFE IS TOO
SHORT TO WASTE
TIME HATING
ANYONE. DON'T
HATE OTHERS.**

20TH._

**DON'T TAKE
YOURSELF SO
SERIOUSLY. NO
ONE ELSE DOES.**

21ST._

**YOU DON'T HAVE
TO WIN EVERY
ARGUMENT.
AGREE TO
DISAGREE.**

22ND._

**MAKE PEACE
WITH YOUR PAST
SO IT WON'T
SPOIL THE
PRESENT.**

23RD._

**DON'T COMPARE YOUR
LIFE TO OTHERS'.YOU
ARE NO IDEA WHAT
THEIR JOURNEY IS ALL
ABOUT.**

**DON'T COMPARE YOUR
PARTNER WITH OTHERS.**

24TH._

**NO ONE IS IN
CHARGE OF YOUR
HAPPINESS
EXCEPT YOU.**

25TH -

**FORGIVE
EVERYONE
FOR
EVERYTHING.**

26TH -

**WHAT OTHER
PEOPLE THINK
OF YOU IS NONE
OF YOUR
BUSINESS.**

27TH.

**GOD HEALS
EVERYTHING.**

28TH-

**HOWEVER GOOD
OR BAD A
SITUATION IS,
IT WILL CHANGE.**

29TH-

**YOUR JOB WON'T
TAKE CARE OF YOU
WHEN YOU ARE
SICK.YOUR FRIENDS
WILL STAY IN
TOUCH.**

30TH-

**GET RID OF
ANYTHING THAT
ISN'T USEFUL,
BEAUTIFUL OR
JOYFUL.**

31ST-

**ENVY IS A WASTE
OF TIME.**

**YOU ALREADY
HAVE ALL YOU
NEED.**

32ND-

**THE BEST IS
YET TO
COME.**

33RD-

**NO MATTER HOW
YOU FEEL,
GET UP, DRESS UP
AND SHOW
UP.**

34TH-

**DO THE
RIGHT
THING!!!**

35TH-

**CALL YOUR
FAMILY
OFTEN...**

36TH-

**YOUR INNER
MOST IS ALWAYS
HAPPY.
SO, BE HAPPY!!!**

37TH-

**EACH DAY GIVE
SOMETHING
GOOD TO
OTHERS.**

38TH-

DON'T OVER

DO.

KEEP YOUR

LIMITS.

39TH-

**WHEN YOU
AWAKE ALIVE IN
THE MORNING,
THANK GOD
FOR IT.**

40TH._

**TELL THIS TO
ALL THE
PEOPLE YOU
LOVE AND CARE.**

TAKE

CARE.....

LOVE

YOURSELF.....

THANK YOU