

40 immutable lessons to live happily in the midst of life

Short lessons but not everyone remembers. The lessons are simple but not everyone can apply But, if you can do it, you will live more comfortably and happily.

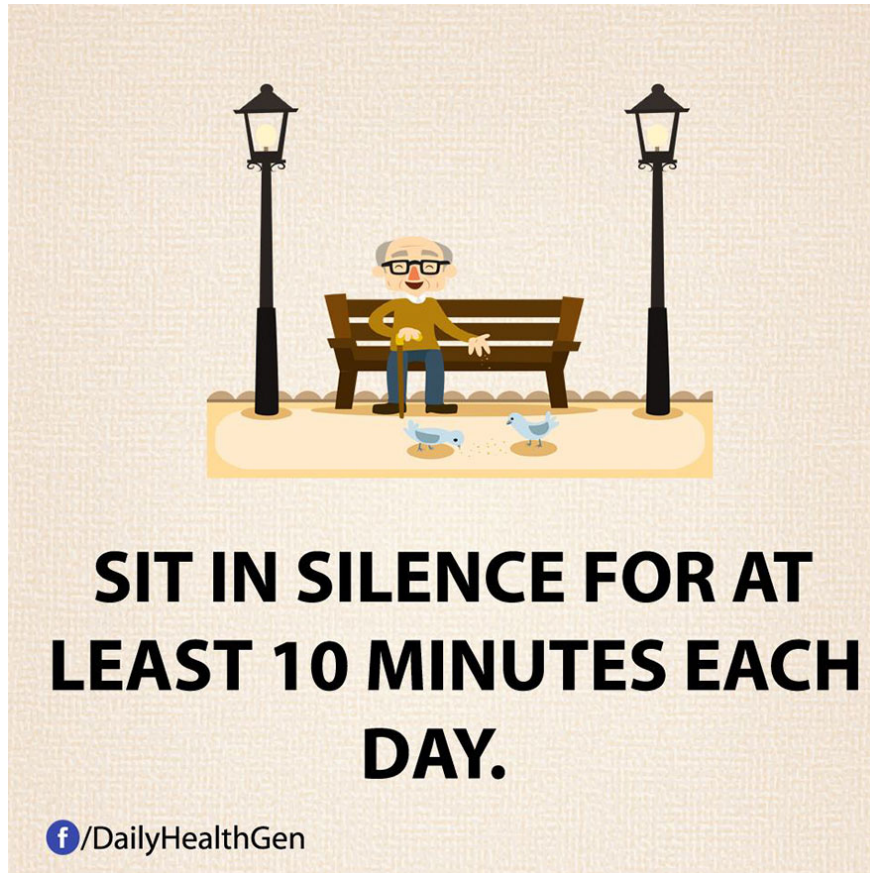
Short lessons but not everyone remembers. The lessons are simple but not everyone can apply . But, if you can do it, you will live more comfortably and happily.




Try to make at least 3 people laugh every day



What others think is not related to you



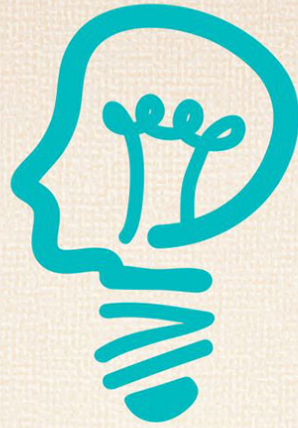
**SIT IN SILENCE FOR AT
LEAST 10 MINUTES EACH
DAY.**

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Sometimes, let yourself be rested to think and calm down



Focus on yourself, not others. Don't waste time on gossip.



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

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Don't be too strict with yourself. Nobody like that. Do not always be too serious. Always relax.



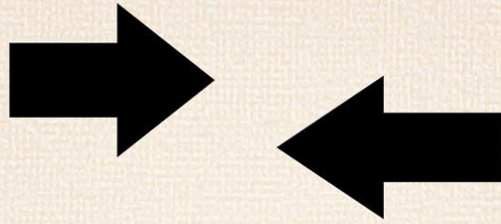
**SPEND TIME WITH PEOPLE
OVER THE AGE OF 70 AND
UNDER THE AGE OF 6.**

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Spend time with people over 70 and under 6 years old



Dream more when you wake up



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

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Don't compare your life with others. You don't know what they are all going through



You do not need to win in all debates. Please accept there are always people who oppose you



**LIFE IS TOO SHORT TO
WASTE TIME HATING
ANYONE. SO, GET RID
OF THOSE ILL FEELINGS.**

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Life is too short to waste time on hating anyone. Get rid of all those negative emotions from your head.




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

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No one is responsible for your happiness except you




**READ MORE BOOKS
THAN YOU DID LAST
MONTH.**

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Read more books than last month




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

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Stay in touch with friends. Work can't help you get better when you're sick, but friends can




**SLEEP FOR 8 HOURS
A DAY.**

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Sleep 8 hours a day



**SMILE AND
LAUGH MORE.**


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Smile more



DRINK PLENTY OF WATER.

*“Drink at least 2 Litres of
Water Per Day.”*

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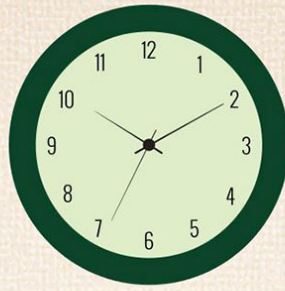
Drink at least 2 liters of water a day




**FORGET ISSUES OF THE PAST.
DON'T REMIND YOUR
PARTNER WITH HIS/HER
MISTAKES OF THE PAST.**

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Focus on lessons learned from the past. Don't remind anyone of their mistakes



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

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No matter how good or bad the situation is, it will change



Call the family often




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

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No matter how you feel, wake up, get dressed and show yourself



**TAKE 10 - 30 MINUTES
OF JOG EVERY DAY.**

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Spend 10 to 30 minutes running / walking every day



Spend time practicing meditation, yoga and prayer




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

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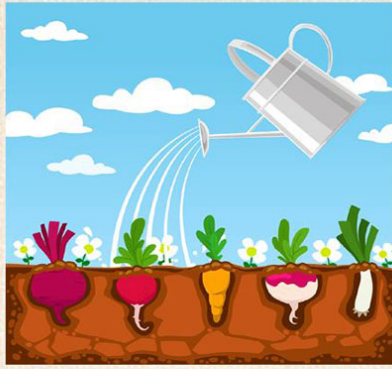
Let the past flow peacefully. Don't let them affect your current life




Live With The 3 E's
ENERGY,
ENTHUSIASM,
EMPATHY.

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Live with the principle of 3E: Energy (Entire), Enthusiasm (passionate) and Empathy (empathetic)



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

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Eat lots of plant foods and limit eating processed foods



Live every moment and try new things




**LOVE YOURSELF, BECAUSE
YOU ARE UNIQUE AND
WONDERFUL IN YOUR
OWN WAY.**

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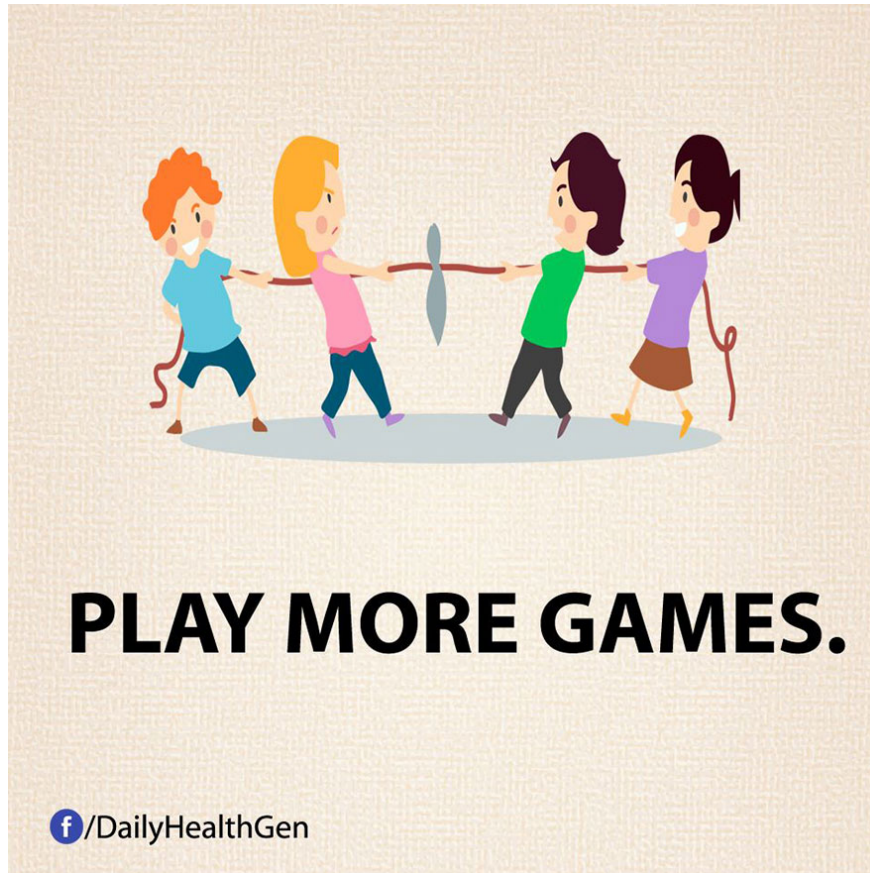
Love yourself because you are unique and you're great in your own way



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

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Every day, give something good to others



Play more games



**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.**

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Understand that life is a school and you are born to be a student in that school. The trouble is simply part of the curriculum and then it passes away like an algebra class. However, the lessons you receive are meaningful throughout your life




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

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Don't let negative thoughts or things appear when you can't control it. Instead, invest your energy for good present moments




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

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Throw away all unnecessary, not good and don't make you happy



**FORGIVE EVERYONE
FOR EVERYTHING.**

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Forgive everyone for every mistake



Don't be overwhelmed, keep your limits



**THE BEST IS YET
TO COME.**

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The best things have not yet appeared




**EAT BREAKFAST LIKE A KING,
LUNCH LIKE A PRINCE AND
DINNER LIKE A PAUPER.**

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Eat breakfast like a king, eat lunch like a prince and eat dinner like a beggar




**TIME HEALS
EVERYTHING.**

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Time will heal all



**ENVY IS A WASTE OF TIME.
YOU ALREADY HAVE ALL
YOU NEED OR DEFINITELY
WILL GET WHAT YOU
REALLY, REALLY WANT.**


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Jealousy just wasted time. You already have everything you need or will definitely get what you really, really want

WAKE
UP!!



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

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Thank you for life because every morning you wake up, you're still alive



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

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People inside you are almost always happy so be happy for that

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