

Handbook for The New Year



Health:

1. *Drink plenty of water*
2. *Eat breakfast like a king, lunch like a prince and dinner like a beggar.*
3. *Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.*
4. *Live with the 3 E's...energy, Enthusiasm and empathy*
5. **Make time to pray.**
6. *Play more games.*
7. *Read more books that you did in 2014.*
8. *Sit in silence for a least 10 minutes each day. Meditation is good for the soul.*
9. *Sleep for 7 hours.*
10. *Take a 10-30 minutes walk daily. And while you walk, smile.*

Personality:

11. *Don't compare your life to others. You have no idea what their journey is all about.*
12. *Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.*
13. *Don't over do . Keep your limits.*
14. *Don't take yourself so seriously. No one else does.*
15. *Don't waste your precious energy on gossip.*
16. *Dream more while you are awake.*
17. **Envy is a waste of time. You already have all you need.**
18. *Forget issues of the past. Don't remind your partner with His/her mistakes of the past.*
19. *Life is too short to waste time hating anyone. Don't hate others.*
20. *Make peace with your past so it won't spoil the present.*
21. **No one is in charge of your happiness except you.**
22. *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.*
23. *Smile and laugh more.*
24. *You don't have to win every argument. Agree to disagree...*