

MY DAILY BREAD

31 tips to live better.

1. Drink more filtered water, less soda, alcohol.
2. Eat more fresh fruits, vegetables and nuts.
3. Eat less bread, sugar and fast food.
4. Spend time in the sun. Go barefoot on grass.
5. Listen to music that inspires and calms.
6. Read the New Testament in the Bible.
7. Sit quietly and breathe deeply for 10 min.
8. Sleep 8-10 hours a night. Wake naturally.
9. Take a 20-30 minute walk, bike or rebound.
10. Forget past issues. Focus on the present.
11. Don't overdo it. Respect your limits.
12. Don't take yourself too seriously. Lighten up.
13. Don't gossip! Respect yourself and others.
14. Happiness is a decision. Decide on happy.
15. Ask God for all your needs, and be thankful.
16. Don't remind partners of past mistakes.
17. Hate makes you sick, love makes you well.
18. Smile when speaking with people.
19. Agree to disagree, rather than argue.
20. Call your family often.
21. Avoid ignorance; research important issues.
22. Forgive everyone for everything.
23. Spend time with people over 70 & under 6.
24. Compliment and encourage others.
25. Forget what others may think of you.
26. Friends are precious, keep in touch.
27. Do the right thing. Be honest.
28. Get rid of stuff that isn't useful, beautiful or joyful.
29. God heals everything. Pray for healing.
30. No matter how you feel, get up, dress up and show up.
31. Know the best is yet to come 😊

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