

# MY DAILY BREAD

## 31 tips to live better.

1. Drink plenty of filtered water.
2. Eat more fresh fruits and vegetables.
3. Eat less bread, sugar and fast food.
4. Spend time in the sun.
5. Listen to music that inspires & 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.
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.
13. Don't waste time on gossip.
14. Happiness is a decision; decide to be happy.
15. Be thankful. You have all you need.
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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