Daily practice is the way we learn new behaviors and habits. It's the only way to "install" new programming, just as you do with your computer. Try these "Ten Tips for Living Well" every day for a month, and contact me if you notice anything shifting in your life. It's a game- and there's nothing to lose. Have fun!

Ten Tips for Living Well

1. YOU Are Amazing! (Say it to yourself twice daily into the bathroom mirror)

2. Think before you speak!

3. Listen well- without thinking of what you want to say next.

4. Celebrate at least one success daily.

5. Give five pieces of positive feedback to every piece of critical feedback.

6. Commit one act of kindness daily for no reason at all.

7. Commit to one act of self- discipline daily.

8. Make time to play every day.

9. Never sit in one place more than 2 hours at a time.

10. Count your blessings every night before going to sleep.

***I'm interested in what you think about these **Tips for Living Well**- those you find useful, those you don't like, and those you would add.

Thanks.

By Lainie Neiman