

## *Suggestions for a Rewarding and Happy Life*

- 1. Compliment three people everyday.*
- 2. Over-tip breakfast waitresses.*
- 3. Remember other people's birthdays.*
- 4. Have a firm handshake.*
- 5. Look people in the eye.*
- 6. Say "thank you" a lot.*
- 7. Sing in the shower.*
- 8. Treat everyone you meet like you want to be treated.*
- 9. Return all things you borrow.*
- 10. Keep secrets secret.*
- 11. Write "thank you" notes promptly.*
- 12. Never give up on anybody. Miracles happen every day.*
- 13. Don't waste time learning the "tricks of the trade". Instead, learn the trade.*
- 14. Vote.*
- 15. Stop blaming others. Take responsibility for every area of your life.*
- 16. Be brave. Even if you're not, pretend to be. No one can tell the difference.*
- 17. Think big thoughts but relish small pleasures.*
- 18. Learn to listen (opportunity sometimes knocks softly).*
- 19. Remember people's names.*
- 20. Leave the toilet seat in the down position.*
- 21. Strive for excellence, not perfection.*
- 22. Be punctual and insist on it in others.*
- 23. Become the most positive and enthusiastic person you know.*
- 24. Don't carry a grudge.*
- 25. Don't major in minor things.*
- 26. Seek out the good in people.*
- 27. Don't use time or words carelessly, neither can be retrieved.*
- 28. Never waste an opportunity to tell someone you appreciate them.*
- 29. Leave everything a little bit better than you found it.*
- 30. Take charge of your attitude. Don't let someone else choose it for you.*