

Savor the moment. Meditate daily.
Forgive daily. Spend money on others. Be
busy enough, but don't rush. Surround
yourself with the right people. Let go of
what you can't control. Celebrate the
success of others. Treat everyone with
respect and kindness. Focus on solutions.
Be proactive in relationships. Get enough
sleep. Spend time in nature. See
problems as challenges. Reward yourself.
Practice and express gratitude. Dream
big. Have a plan. Spend time alone. Take
full responsibility. Focus on growth.
Spend on experiences, not things. Have a
morning ritual. Take care of yourself. Use
your character strengths. Have
meaningful conversations.