



*Selected Quotes From ...*

## Be Happy: Some Little Reminders To Help You Live A Happier Life

“Show up ... Follow your heart ... stay inspired ... stop being a victim ... do things you’re good at ... love your work ... get a new perspective ... have a sense of wonder ... don’t isolate ... find people you love ... set goals ... finish what you started ... help others ... dance ... pamper yourself ... face your fears ... go to a museum ... exercise ... limit television ... listen to music ... get in touch with nature ... lighten up ... have a moral compass ... get a good night’s sleep ... read books ... buy yourself flowers ... reach out ... set up a realistic schedule ... don’t compare yourself with others ... live in the moment ... don’t beat yourself up ... accept that life has its ups and downs ... every night reflect about the ‘good’ things about your day ... be open to new ideas ... believe in yourself ... be kind ... let people know how special they are ... be honest with yourself ... don’t focus on negative thoughts ... focus on creating what you desire ... make time just to have fun ... say thank you to the people who teach you, support you, encourage you – and get you a cup of coffee ... don’t forget money doesn’t buy happiness ... give away what you don’t need to someone who does ... value who you are right now ... to be part of a community ... find a common ground ... keep the romance in your life ... make a gratitude list ... love your Mother Earth ... do your best ... don’t lose hope – you never know what tomorrow will bring ... keep learning ... want what you have ... believe in something bigger than yourself ... stay close to friends and family ... be true to yourself.”

