

# ONE DAY AT A TIME

## ADVICE TO LIVE BY...

DRINK PLENTY OF WATER. EAT BREAKFAST LIKE A KING, LUNCH LIKE A PRINCE AND DINNER LIKE A BEGGAR. LIVE WITH THE 3 E'S—ENERGY, ENTHUSIASM, AND EMPATHY. MAKE TIME TO PRACTICE MEDITATION, YOGA, AND PRAYER. SIT IN SILENCE FOR AT LEAST 10 MINUTES EACH DAY. GET PLENTY OF SLEEP. DON'T HAVE NEGATIVE THOUGHTS ON THINGS YOU CANNOT CONTROL. DON'T OVERDO. KEEP YOUR LIMITS. DREAM MORE WHILE YOU ARE AWAKE. **FORGET ISSUES OF THE PAST. LIFE IS TOO SHORT TO WASTE TIME HATING ANYONE. NO ONE IS IN CHARGE OF YOUR HAPPINESS EXCEPT YOU. REALIZE THAT LIFE IS A SCHOOL AND YOU ARE HERE TO LEARN. SMILE AND LAUGH MORE. EACH DAY GIVE SOMETHING GOOD TO OTHERS. TRY TO MAKE AT LEAST THREE PEOPLE SMILE EACH DAY. ALWAYS DO THE RIGHT THING. REMEMBER—GOD HEALS EVERYTHING. ALSO REMEMBER, THE BEST IS YET TO COME.**

# JACK B