

- 1. Get adequate sleep**
  - a. For most people that's 8 hours a night
- 2. Drink plenty of water**
  - a. If your pee isn't clear, drink more
- 3. Develop a healthier relationship with food**
  - a. Treat it like a drug
- 4. Enjoy yourself**
  - a. Don't feel guilty for time spent relaxing or doing things you enjoy that won't directly benefit your future
- 5. Work toward a goal**
  - a. Even if that goal may not be where you end up
  - b. Putting one foot in front of the next is better than nothing
- 6. Love deeply**
  - a. Give people the benefit of the doubt until they give you a reason not to
  - b. Don't let the past wreck your future
- 7. Call your parents often (unless they're toxic)**
  - a. They brought you into this life and spent considerable time and money getting you where you are, be grateful
- 8. Surround yourself with people you would like to be more like**
  - a. We are the average of the 5 people we spend the most time with
- 9. Genuinely wish the best for those around you**
  - a. Envy is pointless
  - b. Success is better shared with people that are genuinely happy for you
- 10. Apologize when you can**
  - a. If you get swept up in emotions, go back and speak with the person once you've had the chance to cool off.
- 11. Compliment anyone who looks open to receiving one**
  - a. It's the easiest way to spread joy and brighten someone's day
- 12. Train your body, even if that means going on a walk twice a week**
  - a. It's your vessel while you're here; make the best of it
- 13. Train your mind**
  - a. Meditate
  - b. Practice mental gymnastics
  - c. Solve puzzles
  - d. Take classes
  - e. If you don't have a predisposition to mental illness, take psychedelics
    - i. They are essentially working out for your psyche
- 14. Forget your past mistakes**
  - a. Forgive yourself
    - i. You were young and naive
    - ii. You're not blameless, but you are not your mistakes

**15. When working on self-betterment, work from the inside out**

- a. Don't waste time on superficial things to cover up faults
- b. Fix them at their core

**16. Shift your view of death to that of a positive experience, such as going home after a long trip**

- a. Death is as natural as birth
- b. Society has stigmatized death
- c. Death should be a joyous occasion, just like childbirth, where you may finally let go of all worries and obligations

**17. Misery loves company**

- a. People will try to suck you down.
- b. Stay positive in the face of sadness.

**18. Don't lie to yourself**

- a. Just become aware and try to be equanimous about it

**19. Life is Chaos, be kind**

- michelle mcnamara