

There is a website with inspirational thoughts that I log onto from time to time. The website is [Rishikajain.com](http://Rishikajain.com)>wishes>good morning if you are interested. Posted on this website recently was an inspirational piece called "25 Awesome Tips for a Beautiful Life." It seems it was first published on June 25, 2012. I would like to share 12 of them today and the remaining 13 for next Sunday. Hope you enjoy.

- 1) Take a 10-30 minute walk every day. & while you walk, SMILE. It is the ultimate antidepressant.
- 2) Sit in silence for at least 10 minutes each day.
- 3) When you wake up in the morning, Pray to ask God's guidance for your purpose, today.
- 4) Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
- 5) Drink green tea and plenty of water. Eat blueberries, broccoli, and almonds.
- 6) Try to make at least three people smile each day.
- 7) Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
- 8) Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
- 9) Life isn't fair, but it's still good
- 10) Life is too short to waste time hating anyone. Forgive them for everything!
- 11) Don't take yourself so seriously. No one else does.
- 12) You don't have to win every argument. Agree to disagree.