

### **40 Tips to Help us Lead a Balanced Life Away from Roofing!**

#### Health:

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince, and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured.
4. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
5. Make time to pray.
6. Play more games.
7. Read more books than you did last year.
8. Sit in silence for at least 10 minutes each day or try to put aside 10 minutes of no distractions.
9. Try to Sleep for 7 hours.
10. Take a 10-30-minute walk daily and smile while you walk.

#### Personality:

11. Don't compare your life to others. You have no idea what their journey is all about.
12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
13. Don't overdo. Keep your limits.
14. Don't take yourself so seriously, but always consider everyone's feelings.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake.
17. Envy is a waste of time. You already have all you need.
18. Let go of the past mistakes but own them, apologize for them, and learn from them. Don't remind your partner with His or Her mistakes of the past. That can ruin your present happiness.
19. Life is too short to waste time hating anyone.
20. Make peace with your past so it won't spoil the present.
21. No one oversees your happiness except you.
22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class, but the lessons you learn will last a lifetime.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree.

#### Society:

25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything.
28. Spend time with people over the age of 70 & under the age of 6.
29. Try to make at least three people smile each day.
30. You can only control what you do, not what other people do.
31. Your job won't take care of you when you are sick, but your family and friends will, so stay in touch.

#### Life:

32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. GOD heals everything.
35. However good or bad a situation is...it will change.
36. No matter how you feel, get up, dress up, and show up, unless you are really sick.
37. The best is yet to come.
38. When you awake alive in the morning, thank GOD for it.
39. Burdens can become blessings when we are patient to learn from them.

#### **Last but not the least:**

- 40. Provide a copy of this to everyone you care about.**