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**GO FOR EARLY MORNING WALKS**

*Drink lemon water before breakfast*

**EAT LESS SUGAR**

*Go out of your way to be kind.*

Be present in the moment.

*Choose JOY!*

**Laugh loudly.**

*Drink more water.*

Don't take yourself too seriously.

**Breathe deeply.**

PRAY OFTEN.

**Complain less.**

**Turn your screens off at 9pm.**

*Sleep well ... and repeat.*

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