

# 36 Gift Ideas For You!



**1) Make** the choice to be happy. It's not about circumstances, it's about choice.

**2) Count** your blessings every day and your view of life will be one of gratitude, the gateway to happiness.

**3) Let go** of negative thoughts. Don't poison yourself with toxic thoughts. Your life reflects your dominant thought patterns, make yours positive!

**4) Move away** from negative people. We are all sensitive to the attitudes of those around you. If they are negative, let them go and don't look back.

**5) Be considerate.** Showing consideration is a way of honouring and endearing others.

**6) Get** regular exercise. We all need to move and breathe. Too much sitting robs you of the sense of being alive.

**7) Keep** learning new things. Learning keeps us excited about life. Your mind has an almost infinite ability to take in knowledge and refresh your brain cells.

**8) Smile a lot.** A smile can light up a single heart. It's a wonderful free gift you can give to anyone who looks your way.

**9) Be polite.** Manners create an atmosphere of mutual respect and goodwill.

**10) Practice** good listening. If you are really listening you will hear more than words - you will hear their feelings too.



**11) Build** others up. Pepper people's lives with encouragement.

**12) Laugh often.** The Dalai Lama finds humour almost everywhere. Watch him! Laughter is a powerful medicine.

**13) Be honest.** It takes humility and courage to be totally honest. It's also incredibly liberating.

**14) Be kind.** Being honest doesn't mean being harsh, even with yourself.

**15) Look** for ways to practice giving. There are hundreds of ways to give, and ample opportunities for giving something every day.

**16) Be creative.** Do something differently every day!

**17) Remember** the law of cause and effect. What you do and say has a huge impact on your life and the lives of those you care for.

**18) Regard** your mistakes as new learning experiences. It's rare that we get it right the first time. Remember Thomas Edison and his light bulb?

**19) Challenge** yourself with large and small goals. Goals give us something to look forward to. They also provide a sense of purpose and direction.

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## For You!

(cont.)

**20) Don't** compare yourself to others. You are not them, so there is no basis for comparison. Strive to be the best possible version of yourself.

**21) Stop** judging others. *We rarely have as much insight into another persons life as we think we do.*

**22) Eliminate** time wasting things from your life. We all say we want more time, and yet we it's all to easy to waste time on meaningless pursuits.

**23) Don't** turn everything into a big deal. *If you turn little issues into big issues it will rob you of your joy. Learn when to let it go.*

**24) Don't** take yourself too seriously. Laugh at yourself, it's liberating.

**25) Avoid** self-imposed limits. Strike limiting words from your vocabulary, and limiting thoughts from your mind. You can do almost anything you set your mind to, so don't allow self-imposed limits to hold you back.

**26) Give up** trying to control other people. *Your example may influence others, but you cannot control them.*

**27) Show** appreciation for everything. When someone does something kind for you, show them some appreciation.

**28) Take** small breaks to clear your mind. *You will accomplish more, be more focused, and experience less stress if you give your brain short clearing breaks throughout your day.*

**29) Don't** waste energy in pointless debates. Everyone has an opinion, so what? It's not always important to make your point. Let it go.

**30) Optimism** is a wonderful, fun mindset. *It focuses your energy on possibility. Your whole world looks brighter through the window of optimism.*

**31) Set aside** time for yourself. It's great to be productive, but we are not machines. Make sure you make enough time in your life for you and your loved ones.

*"A new habit takes at least 30 days of practice!"*

**32) Believe** in yourself. You really are capable of amazing things. The only thing that can get between you and your dreams is self-doubt. Don't let that happen! Surround yourself with others who believe in you.

**33) Just** be yourself and forget about impressing others. *No matter what you do, some people will like you and some won't. That's just the way it is.*

**34) Accept** responsibility for your life. This is the opposite of blaming others for your situation. When you accept responsibility, you are in control of your life and you have closed the door on excuses!

**35) Strive** to create value. *The more value you create, the more valuable you become to the world around you. Contribute to the abundance around you and you will experience real abundance in return.*

**36) Be aware** of your spiritual needs. We all have a spiritual needs. Taking steps to fill that need will add a **vital** dimension to your life.

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