



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

2010 Handbook

January 2010

A friend emailed this to me. I loved it so much, I wanted to send it on. I researched who wrote it to give credit but I could not find one author, just several postings online. Thank you to whomever started this.

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 in plants.
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy.
5. Play more games.
6. Read more books than you did in 2009.
7. Sit in silence for at least 10 minutes each day.
8. Sleep for 7 hours.
9. Take a 10-30 minutes walk daily. And while you walk, smile.

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 over do. Keep your limits.
14. Don't take yourself so seriously. No one else does.
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. Forget issues of the past. Don't remind your partner about their mistakes of the past.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of 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. Each day give something good to others.
26. Forgive everyone for everything.
27. Spend time w/ people over the age of 70 & under the age of 6.
28. Try to make at least three people smile each day.
29. What other people think of you is none of your business.
30. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

Life:

31. Do the right thing!
32. Get rid of anything that isn't useful, beautiful or joyful.
33. However good or bad a situation is, it will change.
34. No matter how you feel, get up, dress up and show up.
35. The best is yet to come.
36. Your Inner most is always happy. So, be happy.

Focus on 3-4 changes you'd like to make in 2010. Develop a plan - how will you know it's working? Practice - keep practicing until the behavior is second nature. Then, pick new goals you'd like to work on.

Here's to your health and prosperity in 2010!

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