

# HARVESTING HAPPINESS

with LISA CYPERS KAMEN



## 52 TIPS FOR OPTIMAL LIFESTYLE MANAGEMENT

1. Life is not supposed to be easy.
2. Emotions are variable like the wind.
3. The only guarantee in life is change.
4. Celebrate the success of others.
5. Words are like currency. Spend them wisely.
6. Polish the reflection in the mirror.
7. The only way out of it is through it.
8. How we relate to the issue is the real issue.
9. No risk means no reward.
10. Relationships require work.
11. Express gratitude daily.
12. Great leaders walk their talk.
13. Practice and spread compassion everyday.
14. Vulnerability is sexy.
15. Resilience means getting up when we fall down.
16. Courage is not fearlessness. It's bravery in action.
17. Love is powerful medicine. Be generous with it.
18. Karma is a boomerang.
19. Sing out loud even if you can't keep a tune.
20. Be silly and play a few minutes everyday.
21. Hug more. A 6-second hug is a quick de-stressor.
22. Kindness is a spiritual practice.
23. Don't take yourself and things too seriously.
24. Laughter is an instant mood booster.
25. Remember that doing nothing is a choice.
26. Exercise your right to vote.
27. If we don't work towards solution then we contribute towards the problem.
28. Apathy is laziness without whining rights.
29. Savor the gift of the moment. That's why it's called the present.
30. Volunteering positively impacts others and makes us feel good about ourselves.
31. We are hardwired to be interconnected and interdependent.
32. Each day we get to choose how we will show up for life.
33. Pay attention to your breath. It is the pilot light of your life force.
34. Our bodies are complete miracles that perform like a symphony each day.
35. Choose compassion and empathy over judgment and hatred.
36. Being seen, heard, and understood makes our hearts sing.
37. Blame, shame, and humiliation are very unattractive.
38. Follow your heart and moral compass.
39. We are most transformed by our hardest challenges.
40. Ask for help. Out-sourcing support might just save your life.
41. We find ourselves in the direction of our attention.
42. Be curious. Stretch yourself. Never stop learning. Mix up your routine.
43. Surround yourself with people who support your highest good.
44. We will never pass this way again.
45. Faith and optimism are "hope-holders" allowing the universe to catch up.
46. Keep your hands to yourself except when invited.
47. Get enough rest. Sleep is where we go to heal, recharge, and reboot.
48. Fuel, exercise, and hydrate well. Your body and mind will thank you.
49. Meditation is healthier than self-medication.
50. Thoughts and feelings are not facts.
51. Positive people enjoy happier and healthier lives.
52. You are loved.

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