1. Love Yourself

To truly love yourself, you must take care of your mind, body, and spirit. You must be one within all three.

1. Love Another as Yourself

To love another as yourself, it’s necessary to allow people to grow as a person, at their own rate, not as you would have them be. We are all struggling with right and wrong. It’s important to put yourself in another’s shoes and not take offence when your advice or assistance is dismissed.

1. Help Someone Who Has Asked for Your Assistance

When someone asks for your help, don’t just ignore them. Make an effort. Maybe that effort is finding them a link on the internet, taking a drive, or just a cigarette. The important thing is that you are making an effort to assist them. Make sure that you are only assisting that person in the way they are requesting.