

MY ADVICE

28 TIPS FOR LIVING

1 *EDUCATE YOURSELF.*

2 **FOLLOW YOUR PASSIONS**



3 RAISE YOUR
CONSCIOUSNESS

4 *FIND A MENTOR*

5
**VOLUNTEER FOR A
CAUSE OR
COMMUNITY**

6
*MAINTAIN
YOUR
FINANCES*

7 LEARN COMPUTER
SKILLS

8 *KNOW YOUR VALUES*

9

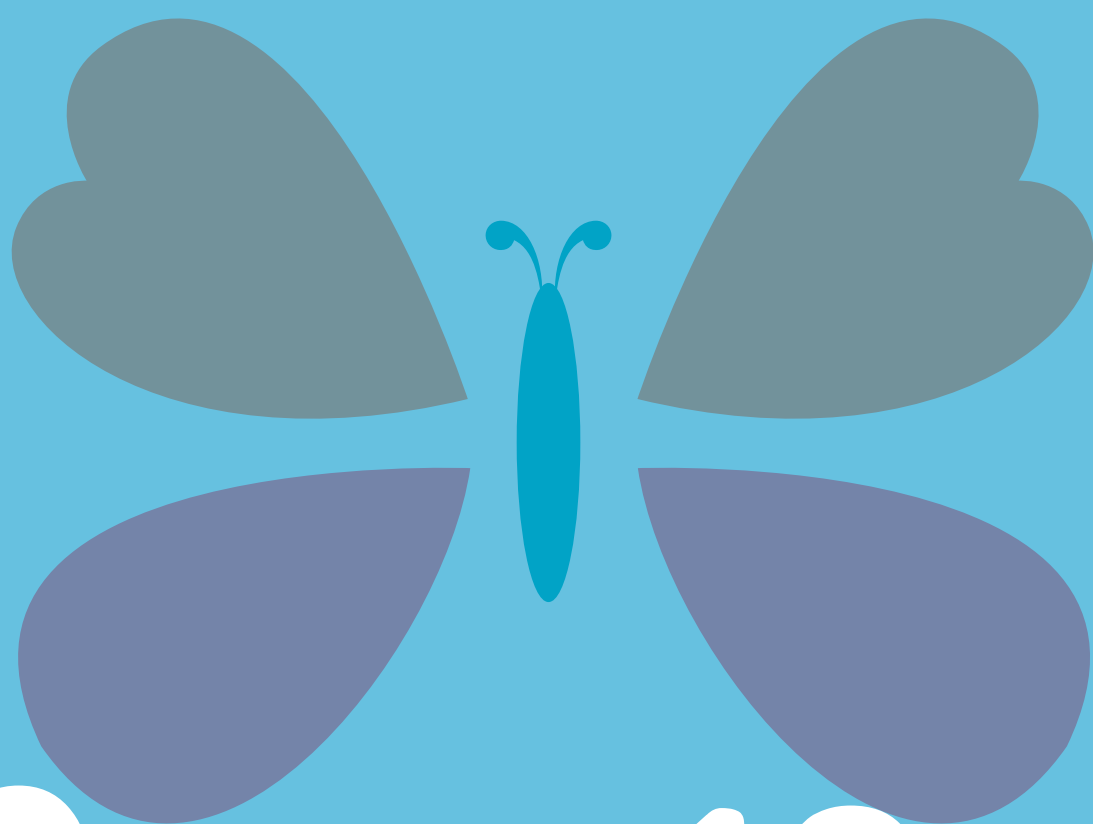
**CULTIVATE
FRIENDSHIPS**



10

**TAKE CARE OF
YOUR BODY**

11 **SLEEP**



12

**CARE for
living things**

13

**SHARE
YOUR LOVE
DAILY**

14

**FOCUS
your attention**



15

**SHARE
YOUR
TALENTS**

DANCE,
PLAY,
SING

16

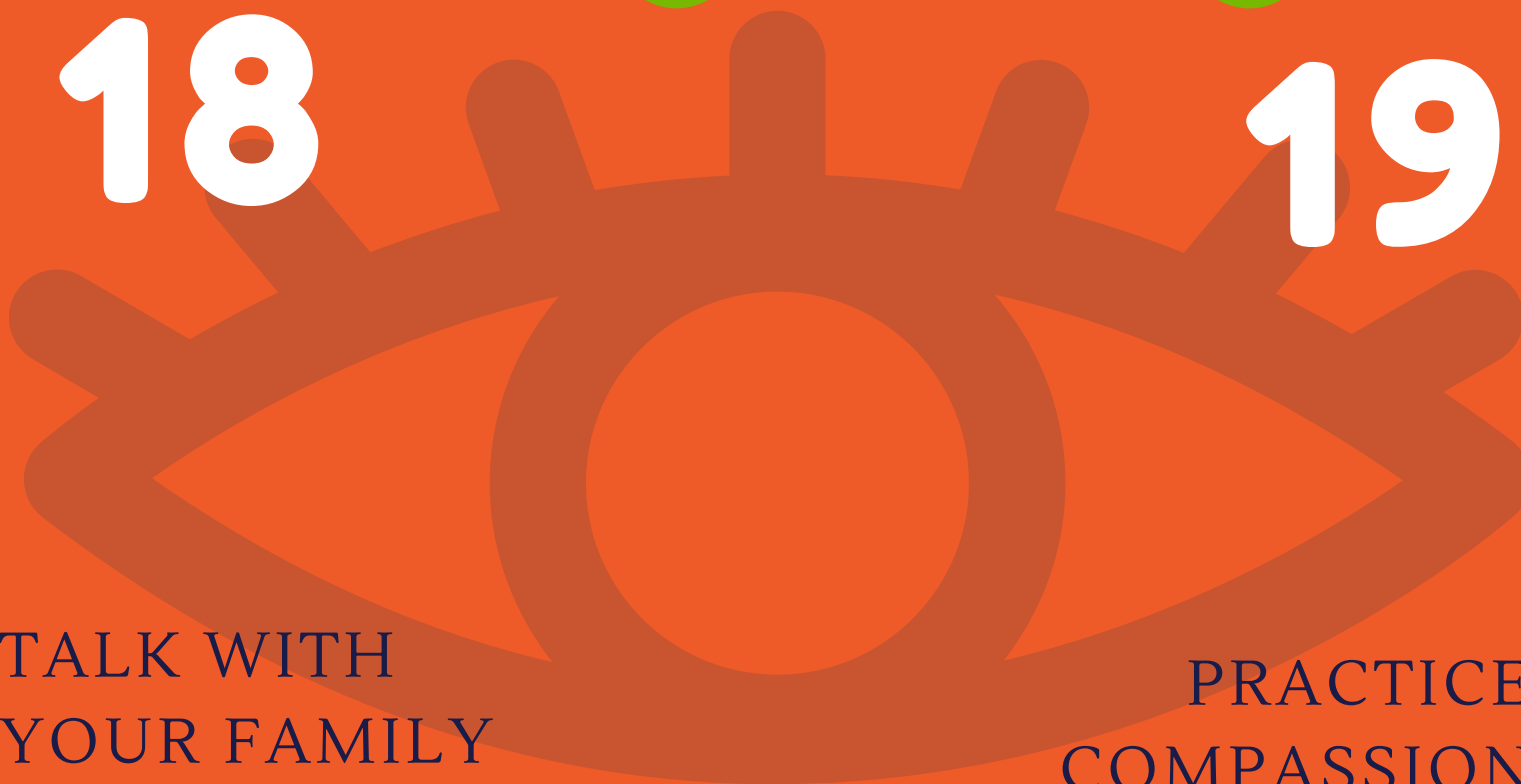


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RESPECT
OTHERS
AND
YOURSELF

18

19



TALK WITH
YOUR FAMILY

PRACTICE
COMPASSION

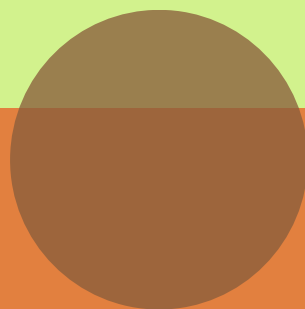
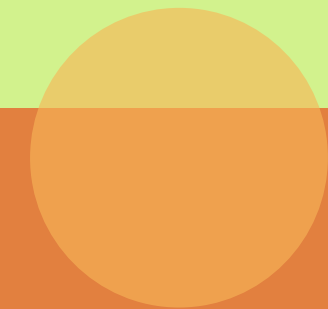
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SHARE

21



BELIEVE



22

MAKE A
DIFFERENCE



23

GO
OUTSIDE



Take care
of your heart

24



25

Meditate

26

DREAM

BIG

27

SEEK WHOLENESS

28

BE AT
PEACE