## 15 rules for a good

life!

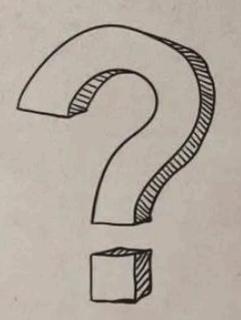








Ask yourself, "is this necessary?"



Meditate on your mortality daily.

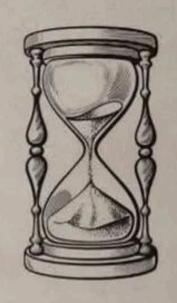




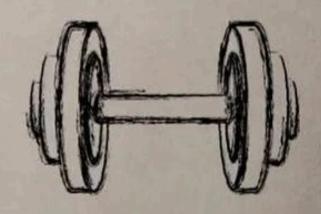




Value time more than money and possessions.



You are the product of your habits.









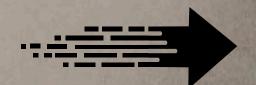
Two ears one mouth for a reason.



Try to see good in people.

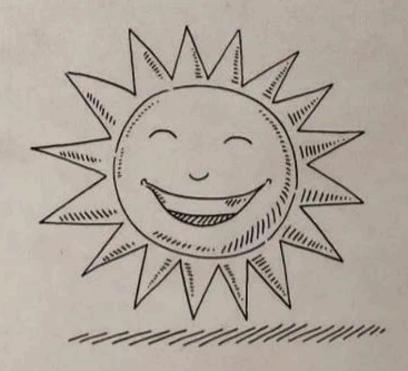








Own the morning.



Don't suffer imagined troubles.







Don't compare yourself to others.

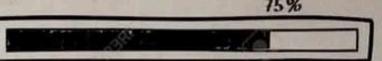


Learn something from everyone.



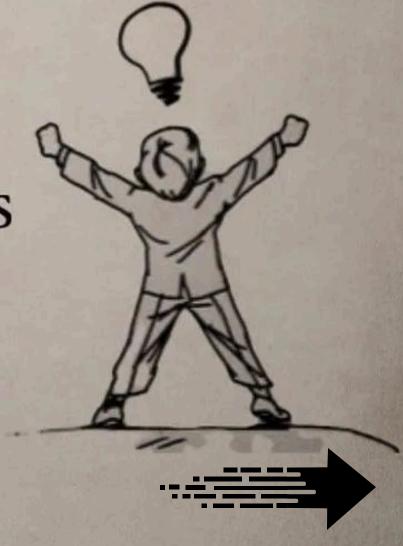


Focus on progress not outcomes.

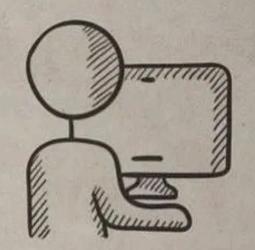


Define what success means to you?

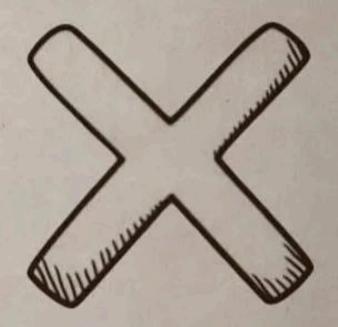




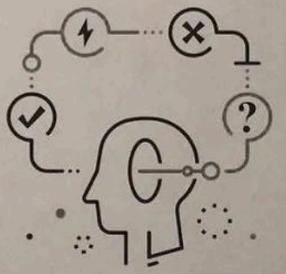
Seek out challenges.



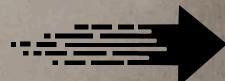
Don't follow the mob.



Follow reason.











## The Helping Hand **QLINKEDIN**