



Life Principles for Personal Growth

When put into practice, these principles can enhance your growth as a person and improve your relationships. They'll also aid you in finding a greater balance in your life. Begin trying out a few of these tips today!

EMOTIONAL

- Allow for daytime dreaming.
- Laugh more. It's contagious.
- Look 3 people in the eye today and smile.
- Set your boundaries and keep to your limits.
- Plan something to look forward to every day and do it.
- Tap into the child within by playing more games.
- Channel your energy into positive emotions.
- Plant gratitude and reap joyfulness.

MENTAL

- Aim to keep your thoughts positive. They produce after like kind.
- Turn a "have to" into a "want to."
- Let go of things you cannot control.
- Remember that circumstances will change over time.
- It doesn't really matter what others think of you.
- Stimulate your thinking by reading more books than last year.
- Look for lessons to be learned in setbacks and find new direction.

SOCIAL

- Remember people's names. Everyone loves to hear his/her name.
- Stay in regular contact with your family.
- Listen profoundly to others.
- Treat others as you would want them to treat you.
- Spend time with and learn from children and the elderly.
- Avoid gossip.
- Don't take yourself so seriously.
- Stay in touch with friends. They are treasures.
- Agree to disagree. You don't need to win every argument.
- Forgive everyone for wrongs done whether intentional or unintentional.

PHYSICAL

- Always eat breakfast.
- Put more fruits and vegetables in your diet.
- Increase your water intake.
- Do a physical activity you enjoy 3-4 times a week.
- Take a 10-20 minute walk daily and smile while you walk.
- Aim for 7-8 hours of sleep a night.

SPIRITUAL

- Give thanks to God for each new day given to you.
- Make time to meditate and/or pray.
- Surrender your burdens daily.
- Practice sitting in silence and build up to 10 minutes per day.
- Refresh others and you'll find yourself refreshed.
- Sing or hum your gratefulness often.

If you'd like to learn more about ways to live with greater purpose, please contact www.claire@livingwithmomentum or visit www.livingwithmomentum.com.