

40 FULFILLMENT FUNDAMENTALS

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince, and dinner like a beggar.
3. Eat more that grows on plants and trees, and less that is manufactured.
4. Live with the 3 E's: Energy, Enthusiasm, and Empathy.
5. Make time to pray.
6. Play more games.
7. Read more books than you did last year.
8. Sit in silence for at least 10 minutes daily.
9. Sleep for 7 hours daily.
10. Take a 10-30 minute walk daily... while you walk, smile.
11. Don't compare your Life to others... you have no idea what their journey is all about.
12. Don't think negatively about things you can't control... invest positive Energy in every present moment.
13. Don't overdo... know your limits... and keep them.
14. Don't take yourself so seriously... no one else does.
15. Don't waste your precious Energy on gossip.
16. Dream more while awake.
17. Envy wastes your time... you already have All you need.
18. Forget the past... and don't remind others of past mistakes... it will only ruin your present Happiness.
19. Hating anyone wastes your time... Life is simply too short.
20. Make peace with your past... so it won't spoil your present.
21. No one is in charge of your Happiness... except you.
22. Realize that Life is a School: you are here to learn... problems are simply part of Life and will fade away... but lessons you learn will last a Lifetime.
23. Smile and laugh more.
24. Agree to disagree... you don't have to "win" every argument.
25. Call your family often.
26. Give something good to others daily.
27. Forgive everyone for everything.
28. Spend more time with people over the age of 70... and under the age of 6.
29. Make at least 3 people smile daily.
30. What others think of you is none of your business.
31. Your job won't take care of you when you are sick... your friends will... stay in touch.
32. Do the right thing... and do the right thing right!
33. Get rid of everything that isn't useful, beautiful, or joyful.
34. God heals everything.
35. No matter how good or bad a situation is... it will change.
36. No matter how you feel... get up, dress up, and show up.
37. The best is yet to come.
38. When you awake alive each morning... thank God.
39. Your Innermost is always happy... so, be happy.
40. Life is a lesson... learn from it daily.



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