

# How to Live Your Best Life

## 1. WAKE UP 30 MINUTES EARLIER

Get up and give yourself time to own the day ahead.

Enjoy the quiet, meditate, set your daily intentions and enjoy your coffee.

## 2. DRESS YOUR BEST

When you look your best, you feel your best.

Dress to impress everyday and you'll be ready for anything!

## 3. BELIEVE TO ACHIEVE

Your mindset is the start of manifesting your dreams. Believe in yourself, create positive thoughts to attract what you want most in life.

## 4. CREATE CONFIDENCE

Visualize your confidence. Stand up straight, take a deep breathe and tell yourself you are awesome!

## 5. DRINK WATER

Staying hydrated is essential to having more energy, better focus and concentration. It also improves skin elasticity, eliminates toxins and aids digestion.

## 6. BE KIND

Smile at strangers. Give compliments freely and help those in need.

Kindness creates positivity and makes you feel good inside!

## 7. DON'T COMPARE

Comparison is truly the thief of joy. Don't compare yourself to others.

Your gifts and talents are unique and what make you special.

## 8. STAY CURIOUS

Try new things. Never stop reading and learning. Seek new experiences and keep a child-like sense of wonder.

## 9. PRACTICE GRATITUDE

Gratitude changes your perspective on life. A grateful heart leads to more joy and happiness.

## 10. PLAN FOR TOMORROW

End each day with a vision for what you want to achieve tomorrow.

Set yourself up for success and go to sleep excited for the day ahead.

