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SIMPLE HABITS

TO MAKE 2019 YOUR BEST YEAR!

1. Listen More, talk less.

2. Focus on what you have, not what you don't.

3. Communicate your feelings. People cannot read your mind.

4. Laugh more (including at yourself).

5. Be kind.

6. Give people the benefit of the doubt.

7. Read more.

8. Incorporate exercise into your weekly schedule.

9. Smile at people more.

10. Eat healthier.

11. See your projects to the end. Finish them.

12. Make time for self-care.

