

15 RULES TO LIVE BY

written by the people of PhysiOCare

1. *Treat others as you would like to be treated yourself*
 2. *Don't assume what other people are feeling or thinking.*
"Be curious, not judgmental"- Walt Whitman
 3. *People first, everything else can wait. Make sure you are an active listener*
 4. *Always be kind-especially to service/retail workers and return you grocery cart*
 5. *Always find time to take care of yourself- you are important too*
 6. *Don't be afraid to genuinely apologize*
 7. *You can accomplish anything you set your mind to. Believe in yourself (but also cut yourself some slack)*
 8. *Celebrate small victories*
 9. *Finish your tasks- don't leave things ½ done for yourself or others*
 10. *Faith, Trust and Pixie Dust- relationships take faith and trust in each other as well as fun/silliness*
 11. *Mental health is just as important as physical health*
 12. *Practice gratitude- and make sure to thank others regularly*
 13. *Do things that come from the heart*
 14. *Keep your promises*
- And Finally...**
15. *You are going to die. Live life to make the most of it while you have it*

