

HOW TO FEEL GOOD, SATISFIED AND FULFILLED



1. Surrender and allow life to take its natural course.
2. Value life and look for opportunities to make something positive from challenging circumstances.
3. Identify a goal that builds faith in the future and gives purpose and meaning to your life.
4. Do not give up hope despite disappointments.
5. Make decisions and choices that allow you to maintain hope and faith in the future, irrespective of the circumstances.
6. Take responsibility to find an answer to the problem you are faced with.
7. Find meaning in suffering when circumstances are outside of your control.
8. Identify and be grateful for the good or the blessings in a situation.
9. Look beyond your current circumstances.
10. Face challenges with optimism.
11. Develop the ability not to take life so seriously and to see things with the innocence and curiosity of a child.
12. Treat everyone with respect.
13. Be honest.
14. Be of valuable service to others.
15. Be so good in your profession or craft that you become invaluable to others.
16. Only give or share information that is necessary or required.