

# *Some Wonderful Ideas for a Peaceful Life*



*Pray.*

*Go to bed on time.*

*Get up on time so you can start the day unrushed.*

*Say “no” to projects that won’t fit into your time schedule.*

*Delegate tasks to others that are capable.*

*Simplify and unclutter your life.*

*Less is more.*

*Allow extra time to do things and to get to places.*

*Pace yourself. Spread out big changes and difficult projects.*

*Take one day at a time.*

*Separate worries from concerns.*

*Live within your budget.*

*Have backups; an extra car key in your wallet, extra house key, extra stamps, etc.*

*Let your words be few.*

*Do something for the kid in you every day.*

*Carry a spiritually enlightening book or app with you to read while waiting in line.*

*Get enough rest.*

*Eat right.*

*Get organized.*

*Listen to motivational and inspirational stories or talks while driving that can help improve your quality of life.*

