

Do Not Go Quietly

101 Ways To Live The Life You Were Born To Live

- 1) Do what you do each day as if it was the most important thing you will ever do
- 2) Love yourself, what you do, and who you do it with a little more every day
- 3) Follow your passion and the promptings of your heart with courage and commitment
- 4) Trust in your Higher Power or spiritual connection
- 5) Exercise your creativity in all that you do
- 6) Trust yourself and others
- 7) Seek to leave every circumstance and person better than when you encounter them
- 8) Laugh more often and out loud
- 9) Play more - with your children, friends, family, co-workers and yourself
- 10) Seek to be of genuine service to others and to yourself each day
- 11) Learn to celebrate your stumbles as well as your victories
- 12) Express genuine empathy and concern for others often
- 13) Compliment and acknowledge others and yourself each day
- 14) Say Yes to life, to new experiences and new challenges
- 15) Be as compassionate toward yourself as you are often inclined to be toward others
- 16) Champion and demonstrate open and honest communication
- 17) Look for the primary lessons in everything you do
- 18) Speak your truth clearly with heart and conviction
- 19) Lead by example in thought every thought, word and action
- 20) Look for things to celebrate everyday in all aspects of your life
- 21) Practice forgiveness of others and yourself
- 22) Go to the edge of things and look over
- 23) Learn to listen to others and to yourself
- 24) Stop procrastinating about the things that matter to you
- 25) Turn toward and not away from the things that trouble you
- 26) Develop greater self awareness and discipline
- 27) Seek to understand not to defend
- 28) Be generous – with your time, your ideas, your energy, and your resources
- 29) Seek alignment with your truth above acceptance by others

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A Guide To Living Consciously and Aging Wisely For People Who Weren't Born Yesterday

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- 30) Look for the difference between knowing and believing
- 31) Replace ignorance with wisdom and injustice with kindness and truth
- 32) Seek opportunities to mentor others
- 33) Give generously without fear of consequences or expectation of reward
- 34) Support vulnerable beginnings – ideas, efforts, risks, relationships
- 35) Learn to be comfortable with being uncomfortable
- 36) Spend time in silence and self communion every day
- 37) Contribute to the well being of your community
- 38) Experiment with new behaviors and ideas often
- 39) Honor the earth and all life forms
- 40) Stay in touch with your vulnerability
- 41) Commit random acts of kindness and generosity (anonymously)
- 42) Practice all things with a beginners mind
- 43) Share what you know generously and admit what you do not know often
- 44) Live life fully in the present moment
- 45) Pay attention to your physical, emotional, mental and spiritual needs.
- 46) Express your love more frequently and fully
- 47) Be grateful for every opportunity, experience, object and person in your life
- 48) View life as a school from which you never graduate
- 49) Trust in the goodness of life
- 50) Live each day as if it was your last day on earth
- 51) Practice crazy wisdom
- 52) Give generously
- 53) Uncover and express you compassion
- 54) Discover what is unique and authentic about you
- 55) Say ‘Yes’ much more often than you say ‘No’
- 56) Be grateful for all that you have
- 57) Seek to understand those who are different
- 58) Identify where your primary beliefs come from
- 59) Learn to live based on what you know, not what you believe
- 60) Forget about ‘being right.’
- 61) Practice greater compassion
- 62) Give up trying to be in control

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- 63) Stop using economics as your primary measure of success
- 64) Breathe a lot more deeply and a lot more often
- 65) Celebrate your mistakes, you would not make them if you were not risking
- 66) Harvest the wisdom of your past, there is gold there
- 67) Spend more time in nature it can be your best teacher
- 68) Discover what is beyond the illusions of safety and security
- 69) Stop seeking approval and acknowledgment, they are chains that bind
- 70) Trust in your own goodness
- 72) Celebrate what you can do
- 73) Acknowledge the many gifts – large and small - other share with you
- 74) Go not faster than your feelings can follow
- 75) Forgive, forget, forgive, forget
- 76) Be curious about everything
- 77) Stop focusing on what you know and explore what there is still to learn
- 78) Remember there are no mistakes, just next steps on the way to greater knowing
- 79) Forget about perfection, practice excellence
- 80) Laugh often and especially at yourself
- 81) Don't be afraid of being foolish
- 82) Remember you can't want and have at the same time
- 83) Eliminate the habitual
- 84) Remember life happens only in the present moment
- 85) Go outside the lines more often, it's where joy and adventure are to be found
- 86) Turn toward things that scare you
- 87) Avoid anything and anyone who numbs you or dumbs you down
- 88) Seek new paths and alternative strategies
- 89) Take time each day to celebrate & enjoy your life
- 90) Come to know the difference between dreams and desires
- 91) Remember life is a school and your job is to learn
- 92) Pay attention to what you don't know
- 93) Complete what is undone or declare it done.

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- 94) Share what you know and can do without hesitation
- 95) Reflect, pray, meditate often
- 96) Look for the best in others and in yourself
- 97) See the myth of youth for the illusion that it is
- 98) Remember you are never too old (or too young) to live your dream
- 99) Say 'thank you' for everything even the pain and the confusion
- 100) Let go and Let God.
- 101) Go into the silence often and listen to the wisdom within

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