

# 10 Simple Secrets to a More Meaningful Life

- ① It is okay to lose, just don't lose the lesson.
- ② Mistakes are easy to forgive, lies are never forgotten.
- ③ Knowledge shared makes you stronger, sharing your heart makes you live longer.
- ④ Be genuinely happy for a co-worker's accomplishments. There is enough success to go around.
- ⑤ Take a position. If you don't stand for something, you'll fall for anything.
- ⑥ Find the strength in others and they will astonish you with their accomplishments.
- ⑦ Spend more time in nature.
- ⑧ Take time to share specific strong points you see in others.
- ⑨ Before you get up and before you go to sleep, think of three things for which you are grateful. Mastering happiness is the same as mastering any skill. It's about doing a lot of little things right.
- ⑩ Actions create feelings-pleasure or pain, pride or shame. If you are kind every day, you become a kind person, if you are empathetic every day, you become a caring person. Change what you repeatedly do, and ultimately you will change who you become.

