

DO

1. Stay in the Present Moment
 2. Accept others as they are and let them be who they are. Allow them to choose their own path.
 3. Be on the alert to Fake Happiness: other people aren't here to meet your needs and make you happy.
 4. Accept Life as it is. Be curious.
 5. Watch your thoughts.
 6. Be gentle with yourself.
 7. Learn to observe and celebrate your own journey.
 8. Find like-minded people to be with.
 9. Lean into what's hard and uncomfortable.
 10. Trust Life is watching out for you.
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DON'T

1. Try to predict the future or live in obstacles of the past.
 2. Try to control others.
 3. Compare your journey to others.
 4. Don't put expectations of how others should be on them.
 5. Resist when things aren't going your way.
 6. Think you are your experience.
 7. Have unrealistic expectations.
 8. Offer your opinion if you're not asked for it.
 9. Second guess yourself.
 10. Don't push away out of fear or because you think you know better.
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REMEMBER...

1. Your thoughts create your world.
2. Your experience is unique.
3. We are all connected to all creation. *We are dust in the wind.*
4. Release attachment to outcomes.

5. Offer advice only when asked.
6. You are not alone.