

DO

1. Stay in the Present Moment
 2. Accept others as they are and let them be who they are.
 3. Accept Life as it is. Be curious.
 4. Watch your thoughts.
 5. Be gentle with yourself.
 6. Learn to observe and celebrate your own journey.
 7. Find like-minded people to be with.
 8. Lean into what's hard and uncomfortable.
 9. Release attachment to outcomes.
 10. Trust Life is watching out for you.
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DON'T

1. Try to predict the future or get stuck living in the past.
 2. Try to control others.
 3. Compare your journey to others.
 4. Resist when things aren't going your way.
 5. Confuse your experience with who you are.
 6. Have expectations of people, places, events and things.
 7. Offer your opinion if you're not asked for it.
 8. Second guess yourself.
 9. 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. Other people aren't here to make you happy or fill your needs.
3. Your experience is unique.
4. We are all connected to all creation.
5. Allow others to choose their own path.
6. Offer advice only when asked.
7. You are not alone.