

20 thoughtful ideas to embrace the life you already have

1. Don't self criticize
2. Find today's gift
3. Don't expect perfection in others
4. Let go when it's time
5. Be transparent, vulnerable
6. Look for the best in people
7. Don't discount your feelings or allow others to either
8. Don't stew on things, move on
9. Play
10. Take steps towards goals
11. Seek God
12. Don't present life as perfect
13. Laugh
14. Remember yesterday doesn't define you
15. Rest
16. Stop doing things that are bad for you
17. Choose honest living
18. Love people, not things
19. Forgive
20. Be yourself, not an imitation of somebody else

