

Here are fifty wise tips on how to make the most of your time on earth.

1. It starts with being present and in the moment. Really appreciating the 'small' things in life – the smell of the morning, the feel of flannelette sheets, the warmth of a hug, the gift of a smile. And gratitude.
2. Follow your passion and you can create a life you can be proud of. The formula is really simple: find what makes you useful and happy.
3. Speak for those who have no voice. Make a difference in someone else's life.
4. Help others, love fully, judge less, and take care of your body and your mind
5. Help your family and make sure they are okay.
6. Heal, if you need to be healed, forgive if you need to forgive, learn to love if that is your lesson.
7. Strive for a healthier, more purposeful life to get to the bones of existence.
8. Listen, breathe, and seek for the answers to who you are and what you are meant to do, as they are unique to all of us.
9. Face and accept pain and hurt, and to act in spite of fear.
10. Discover who we truly are – and live that life.
11. Use your own sense of self to look at others without judgement, see them with clear eyes and exercise compassion.
12. Remember to be present in each moment, see what beautiful thing is here now, no matter how small.
13. Take the time to really look carefully and contemplate.
14. Stay in the present and know we are where we are supposed to be.
15. Get to know the true nature of mind, seeing thoughts and emotions for what they really are – just clouds passing by in the sky.
16. Be in the present moment and extending love, kindness, and compassion to myself and others.
17. Take all your activities, beliefs, work, thoughts, feelings and contributions and make a gloriously messy patchwork of what's true for you and your place in our earth

community. Stitch the patchwork together with peaceful reflection and laughter. Decorate with love and courage. Realize that sometimes a patch will wear out or tear and you'll have to decide whether you can mend it or must replace it.

18. Whatever your passions and dreams are – live them now!

19. Never stop learning. . . learn to love unconditionally and love to learn empirically.

20. Live every moment like it's your last.

21. Take risk and chances because later in life you'll look back and know that you lived your life like you wanted to, and that it was all worth it.

22. Take care of your body. Health and fitness has an effect on every aspect of your life.

23. Have a plan and actively work it to how you can make the most of your time.

24. One way to make the most of life is to be open to and selective about ideas. The more we extend our language, the more ideas we'll meet and entertain and go ahead with as if beautiful to experience.

25. Realistically assess your talents and abilities and look for opportunities to apply them in ways that will grow human culture into the future.

26. Stretch yourself now and then. You may have more resources than you know.

27. When in doubt, go with that other great human strength—the most compassionate choice.

28. Care for the sick, injured, and infirm.

29. Love, love, love, and when you're afraid you have nothing left, love some more!

30. Put your unique talents, skills and insights to use by helping others.

31. Give friendly advice or share some knowledge to help someone along their path. It can make a world of difference.

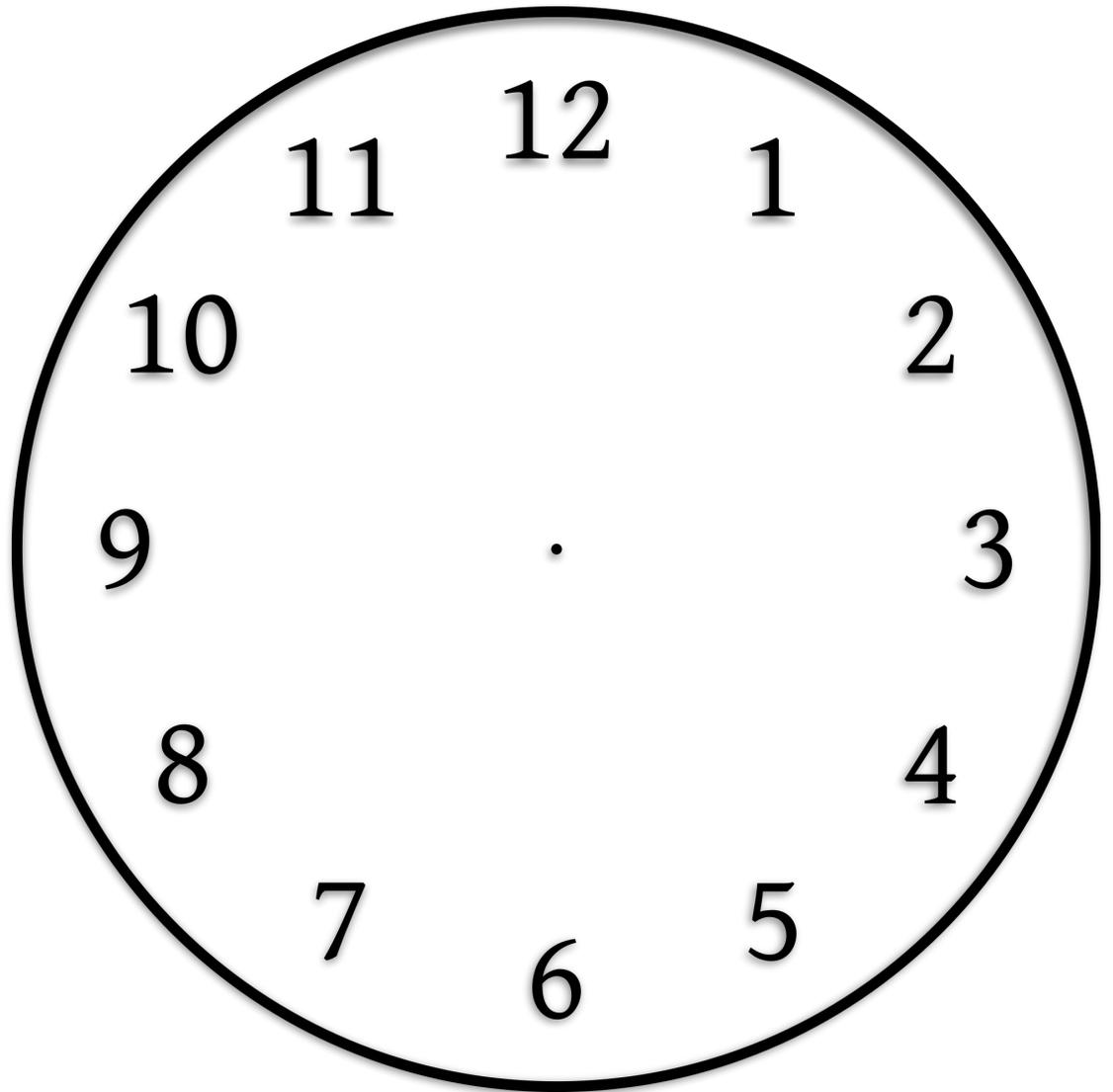
32. Be as present as possible as often as we can.

33. Quit judging yourself so harshly.

34. Know that you are a vital part of humanity and therefore essential to this world we live in.

35. Be gentler, kinder and more respectful of our planet. We owe it to the planet and animals, our forests and our oceans to restore the health they once held.
36. Be a collector of things and people that make you happy.
37. Find richness in knowing and observing all different kinds of people.
38. Do what you love to do, love the people you love, and grow in spirit.
39. Enjoy life.
40. Just do it. Don't end up with a life unloved.
41. Always try to do more for others than what you do for yourself. Something as simple as opening a door for someone else, letting someone go ahead of you in a queue, saying good morning to someone who is on their own can create good karma.
42. Do volunteer work.
43. Love your family. They are the people who really matter.
44. Don't worry about what others have to say about how you live your life.
45. Lower your expectations, it makes life less complicated, allowing you to enjoy it to the fullest.
46. Work towards love always – to give and receive love. If, on your death-bed, you can say you've made others feel loved... that's a fulfilled life.
47. Don't forget to have fun. Do what you can – then go to the movies.
48. When you feel confused, look up at the sky and feel the spaciousness of all things.
49. Set goals and plan – but be flexible and resilient if your plans don't work out.
50. Remember that starting over is a great opportunity.

It's
About
TIME



What did you learn about Partner #1?

What did you learn about Partner #2?

What did you learn about Partner #3?

What did you learn about Partner #4?

What did you learn about Partner #5?