

A GOOD LIFE

To prepare

- Make room for your goals
- Give time to your relations
- Build three habits that make you happy and peaceful
- Build two habits that keep you healthy and strong
- Be ready to move on and let go

To be

- Meet every new challenge with a calm
- Focus on your goals
- Listen to everyone, but always make your own decisions
- Show love and compassion

To strive, wander, create and take action

- Serve others
- Work on your goals
- Accomplish your goals
- Show goodness