

1. Be kind to myself and love myself.
2. Be kind to others and treat them with compassion and respect.
3. Don't give up learning something new. Be curious.
4. Be Organized.
5. Be Humble.
6. Be a good listener.
7. Show my Gratitude.
8. Believe in myself.
9. When I am upset, take a step back and think. Don't act on misconception. Try to understand others.
10. Live in 'Now' moment. Go with flow.
11. (KAIZEN)