

# 40 Simple Tips For A Happy And Healthy Life

It's all about career and success these days. No matter what we achieve, it's never enough, we always strive for more. It's all good as long as we don't forget ourselves and our loved ones. Sadly, that's rarely the case.

That's why we wanted to share these life tips by Daily Health Gen with you. Hopefully, they will be a source of inspiration for some positive changes, even if the smallest ones. We all need a little push from time to time.


Leave a comment or vote for your favorite tips, we want to know what you think!

More info: [Daily Health Gen](#) (H/T: [Bored Panda](#))

## 01. Tips For A Happy And Healthy Life



**TRY TO MAKE AT LEAST  
THREE PEOPLE SMILE  
EACH DAY.**


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**02. Tips For A Happy And Healthy Life**



**SIT IN SILENCE FOR AT  
LEAST 10 MINUTES EACH  
DAY.**

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**03. Tips For A Happy And Healthy Life**





**WHAT OTHER PEOPLE  
THINK OF YOU IS NONE  
OF YOUR BUSINESS.**


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**04. Tips For A Happy And Healthy Life**



**DREAM MORE WHILE  
YOU ARE AWAKE.**

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## **05. Tips For A Happy And Healthy Life**





**DON'T WASTE YOUR  
PRECIOUS ENERGY  
ON GOSSIP.**


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**06. Tips For A Happy And Healthy Life**



**YOU DON'T HAVE TO WIN  
EVERY ARGUMENT.  
AGREE TO DISAGREE.**

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**07. Tips For A Happy And Healthy Life**





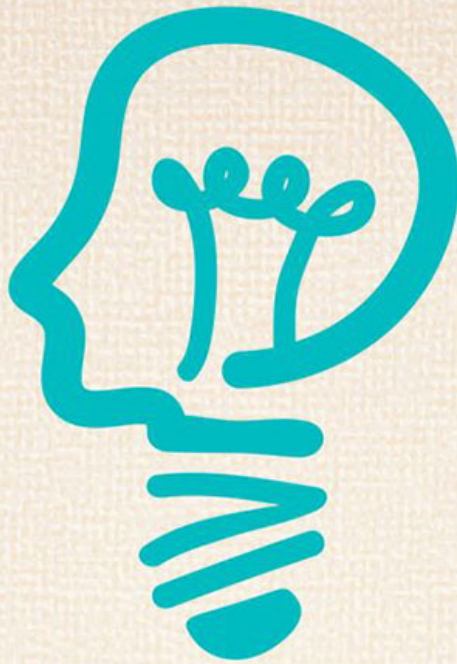
**SPEND TIME WITH PEOPLE  
OVER THE AGE OF 70 AND  
UNDER THE AGE OF 6.**

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## **08. Tips For A Happy And Healthy Life**





**DON'T TAKE YOURSELF TOO  
SERIOUSLY. NO ONE ELSE  
DOES.**


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**09. Tips For A Happy And Healthy Life**



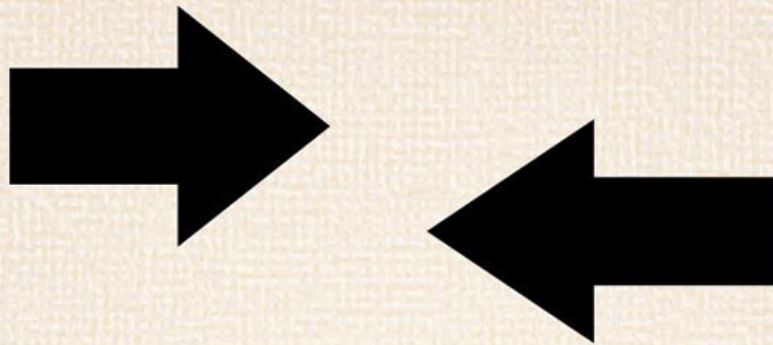
**LIFE IS TOO SHORT TO  
WASTE TIME HATING  
ANYONE. SO, GET RID  
OF THOSE ILL FEELINGS.**

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## **10. Tips For A Happy And Healthy Life**





**'DON'T COMPARE YOUR LIFE  
TO OTHERS'. YOU HAVE NO  
IDEA WHAT THEIR JOURNEY  
IS ALL ABOUT.**


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## **11. Tips For A Happy And Healthy Life**



**NO ONE IS IN CHARGE OF  
YOUR HAPPINESS  
EXCEPT YOU.**

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## **12. Tips For A Happy And Healthy Life**





**READ MORE BOOKS  
THAN YOU DID LAST  
MONTH.**


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**13. Tips For A Happy And Healthy Life**



**YOUR JOB WON'T TAKE  
CARE OF YOU WHEN  
YOU ARE SICK.  
YOUR FRIENDS WILL.  
STAY IN TOUCH.**

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## **14. Tips For A Happy And Healthy Life**





**SLEEP FOR 8 HOURS  
A DAY.**

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**15. Tips For A Happy And Healthy Life**



**SMILE AND  
LAUGH MORE.**

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## **16. Tips For A Happy And Healthy Life**





**DRINK PLENTY OF  
WATER.**

*“Drink at least 2 Litres of  
Water Per Day.”*


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## **17. Tips For A Happy And Healthy Life**



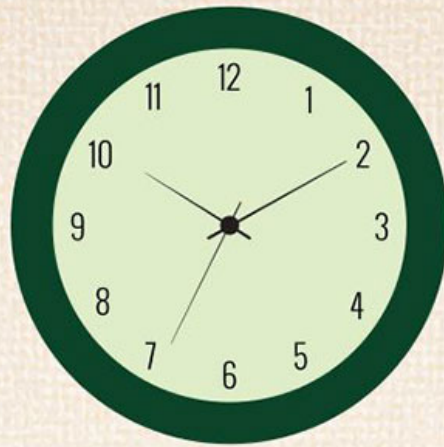
**FORGET ISSUES OF THE PAST.  
DON'T REMIND YOUR  
PARTNER WITH HIS/HER  
MISTAKES OF THE PAST.**

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**18. Tips For A Happy And Healthy Life**





**HOWEVER  
GOOD OR BAD  
A SITUATION IS,  
IT WILL CHANGE.**

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**19. Tips For A Happy And Healthy Life**



**CALL YOUR FAMILY  
OFTEN.**

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**20. Tips For A Happy And Healthy Life**





**TAKE 10 - 30 MINUTES  
OF JOG EVERY DAY.**

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## **21. Tips For A Happy And Healthy Life**



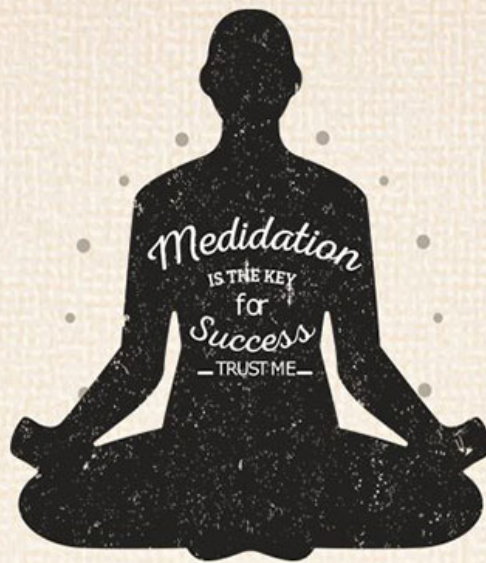
**NO MATTER HOW  
YOU FEEL, GET UP,  
DRESS UP AND  
SHOW UP.**

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**22. Tips For A Happy And Healthy Life**





**MAKE TIME TO PRACTICE  
MEDITATION, YOGA & PRAYER.**


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**23. Tips For A Happy And Healthy Life**



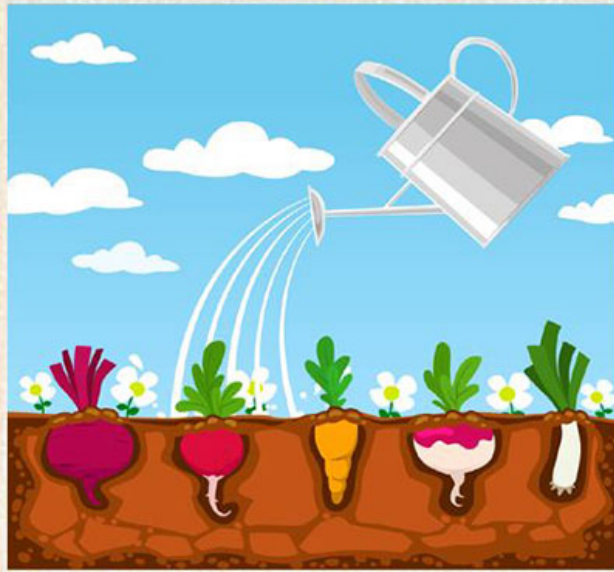
**MAKE PEACE WITH YOUR  
PAST SO IT WON'T SPOIL  
THE PRESENT.**

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**24. Tips For A Happy And Healthy Life**





**EAT MORE FOODS THAT GROW  
ON TREES & PLANTS AND  
EAT LESS FOOD THAT IS  
MANUFACTURED IN PLANTS.**


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**25. Tips For A Happy And Healthy Life**



**Live With The 3 E's**  
**ENERGY,**  
**ENTHUSIASM,**  
**EMPATHY.**

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**26. Tips For A Happy And Healthy Life**





**ENJOY LIFE EACH  
MOMENT, TRY NEW  
THINGS.**


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## **27. Tips For A Happy And Healthy Life**



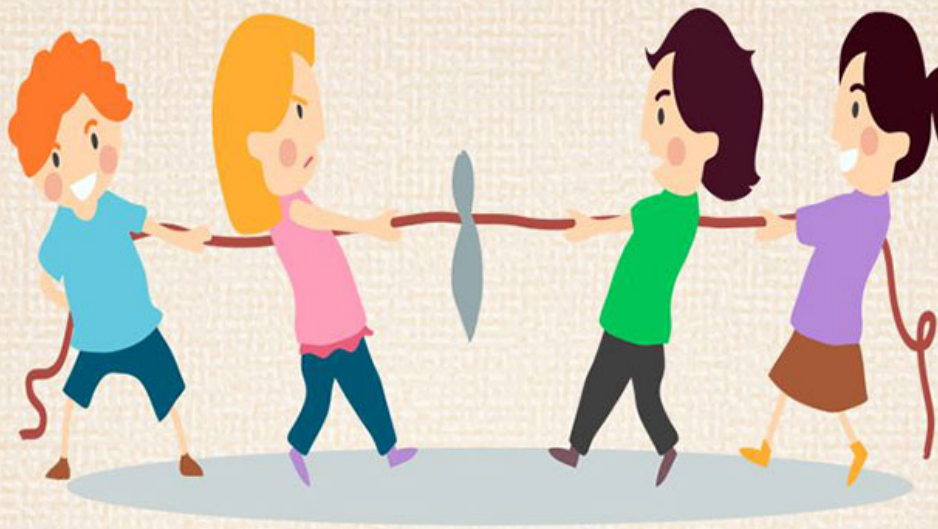
**EACH DAY GIVE  
SOMETHING GOOD  
TO OTHERS.**

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**28. Tips For A Happy And Healthy Life**





# **PLAY MORE GAMES.**


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## **29. Tips For A Happy And Healthy Life**



**LOVE YOURSELF, BECAUSE  
YOU ARE UNIQUE AND  
WONDERFUL IN YOUR  
OWN WAY.**

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**30. Tips For A Happy And Healthy Life**





**REALIZE THAT LIFE IS A SCHOOL AND  
YOU ARE HERE TO LEARN. PROBLEMS  
ARE SIMPLY PART OF THE CURRICULUM  
THAT APPEAR AND FADE AWAY LIKE  
ALGEBRA CLASS BUT THE LESSONS YOU  
LEARN WILL LAST A LIFETIME.**


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## **31. Tips For A Happy And Healthy Life**



**DON'T HAVE NEGATIVE THOUGHTS  
OR THINGS YOU CANNOT CONTROL.  
INSTEAD INVEST YOUR ENERGY IN  
THE POSITIVE PRESENT MOMENT.**

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## **32. Tips For A Happy And Healthy Life**





**GET RID OF ANYTHING  
THAT ISN'T USEFUL,  
BEAUTIFUL OR JOYFUL**

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## **33. Tips For A Happy And Healthy Life**



**DON'T OVER DO.  
KEEP YOUR LIMITS.**

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## **34. Tips For A Happy And Healthy Life**





**FORGIVE EVERYONE  
FOR EVERYTHING.**

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**35. Tips For A Happy And Healthy Life**



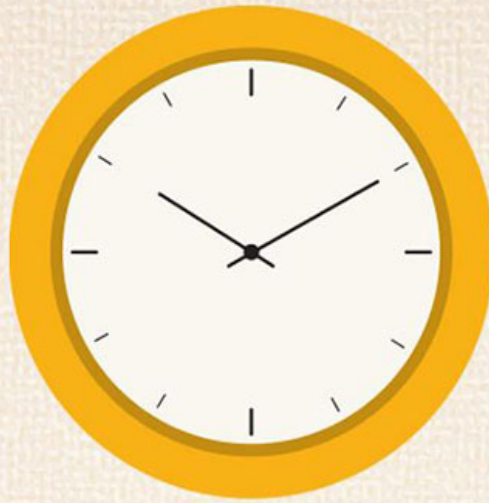
**EAT BREAKFAST LIKE A KING,  
LUNCH LIKE A PRINCE AND  
DINNER LIKE A PAUPER.**

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**36. Tips For A Happy And Healthy Life**





**TIME HEALS  
EVERYTHING.**


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**37. Tips For A Happy And Healthy Life**



**THE BEST IS YET  
TO COME.**

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**38. Tips For A Happy And Healthy Life**



WAKE  
UP!!



**WHEN YOU AWAKE  
ALIVE IN THE  
MORNING, THANK  
GOD FOR IT.**

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**39. Tips For A Happy And Healthy Life**



**ENVY IS A WASTE OF TIME.  
YOU ALREADY HAVE ALL  
YOU NEED OR DEFINITELY  
WILL GET WHAT YOU  
REALLY, REALLY WANT.**

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**40. Tips For A Happy And Healthy Life**





**YOUR INNER MOST  
IS ALWAYS HAPPY.  
SO, BE HAPPY.**

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