

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

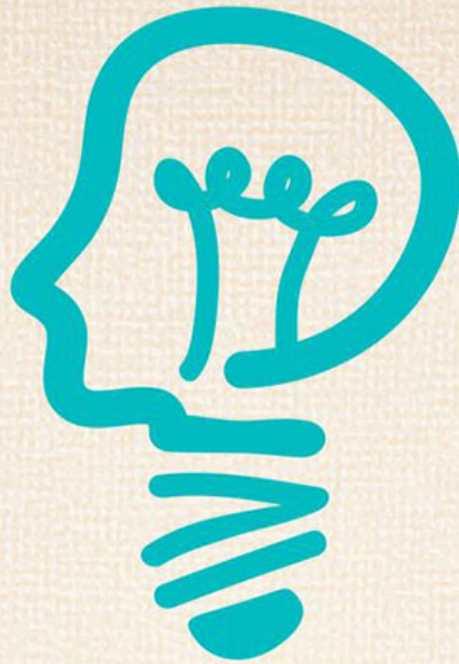


**SPEND TIME WITH PEOPLE
OVER THE AGE OF 70 AND
UNDER THE AGE OF 6.**

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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

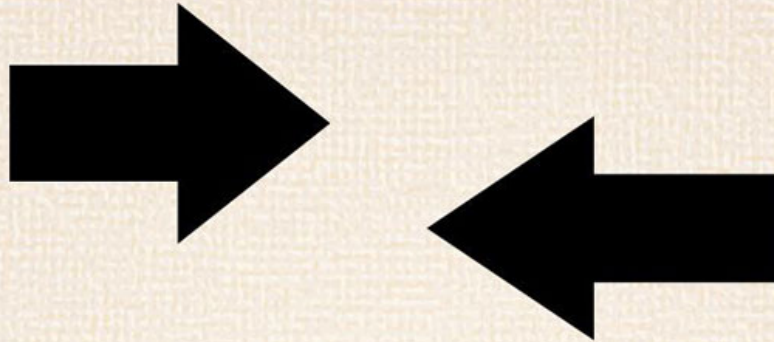


**LIFE IS TOO SHORT TO
WASTE TIME HATING
ANYONE. SO, GET RID
OF THOSE ILL FEELINGS.**

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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

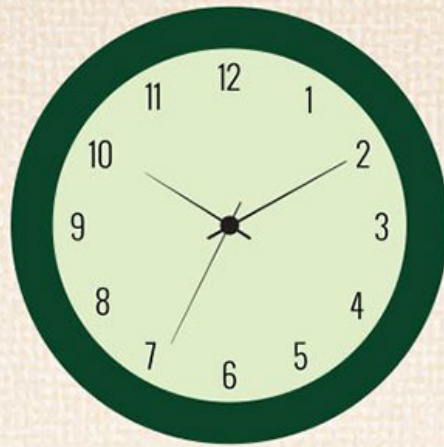


**FORGET ISSUES OF THE PAST.
DON'T REMIND YOUR
PARTNER WITH HIS/HER
MISTAKES OF THE PAST.**


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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

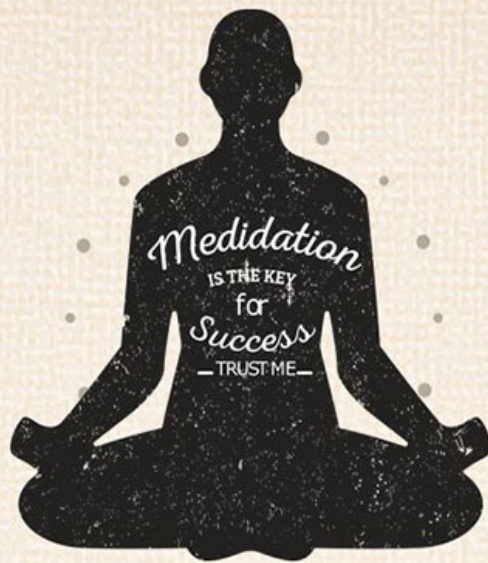


**NO MATTER HOW
YOU FEEL, GET UP,
DRESS UP AND
SHOW UP.**


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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

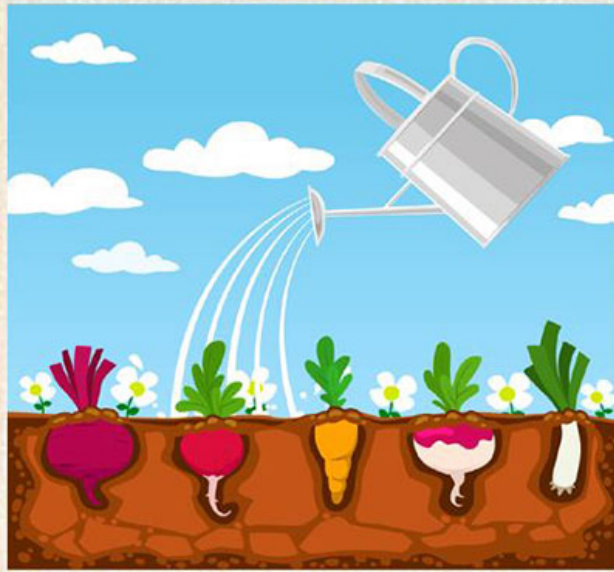


**MAKE PEACE WITH YOUR
PAST SO IT WON'T SPOIL
THE PRESENT.**


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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

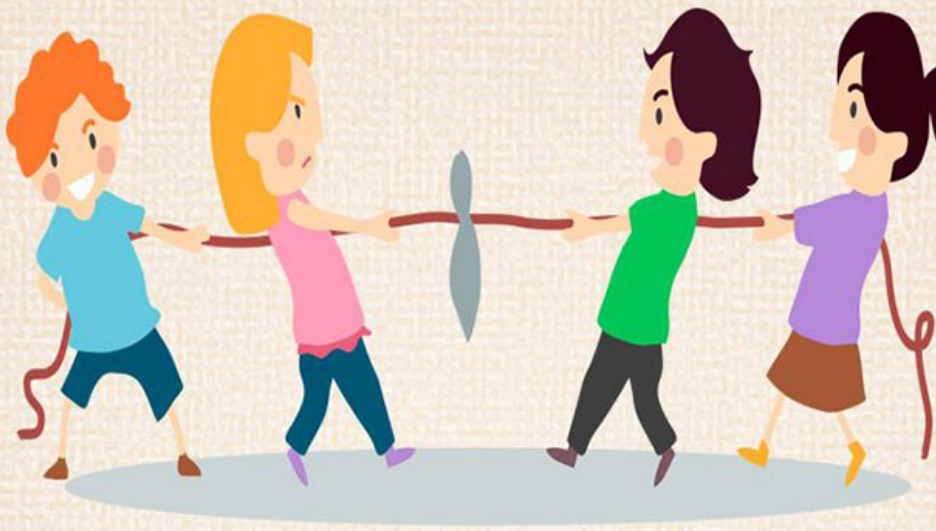


**EACH DAY GIVE
SOMETHING GOOD
TO OTHERS.**


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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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