

stress is related to 99% of all illness

do not use cleaning chemicals on your kitchen surfaces. someone will inevitably make a sandwich on your counter.

what you do to the earth you do to yourself

love

communication is complicated. each family has slightly different definitions of every word. an agreement is an agreement only if each party knows the conditions for satisfaction and a time is set for satisfaction to occur

life is full of setbacks success is determined by how you handle setbacks

sunscreen absorbed into the skin might be worse for you than sunshine. get the right amount of sunshine.

listen listen listen then ask strategic questions

do one thing a day that scares you

visualize your eventual demise. it can have an amazing effect on how you live in this moment.

creativity is maximized when you are living in the moment

effectiveness is predicated by replacing the words "wish", "should" and "try" with "i will"

nature wants us to be mediocre because we have a greater chance to survive and reproduce. mediocrity is as close to the bottom as it is to the top, and will give you a lousy life.

salt + high fructose corn syrup + butter = early death

your outlook on life is a direct reflection of how much you like yourself

drink fresh water and as much water as you can. fresh water flushes toxins from your body and keeps your brain sharp.

a daily hit of athletic-induced endorphins gives you the power to make better decisions, helps you be at peace with yourself, and offsets stress

that which matters the most should never give way to that which matters the least

friends are more important than money



write down two personal, two business and two health goals for the next 1, 5 and 10 years. do this four times a year. goal setting triggers your subconscious computer.

the pursuit of happiness is the source of all unhappiness

observe a plant before and after watering and relate these benefits to your body and brain

breathe deeply

and appreciate the moment. living in the moment could be the meaning of life.

practice yoga so you can remain active in physical sports as you age

the world moves at such a rapid rate that waiting to implement changes will leave you two steps behind. do it now, do it now, do it now!

jealousy works the opposite way you want it to

have you woken up two days in a row uninspired? change your life!

this is not your practice life. this is all there is

the perfect tombstone would read: 'all up'

children are the orgasm of life. just like you did not know what an orgasm was before you had one, you won't know how great children are until you have them.

10-15 friends allows for real relationships

sweat once a day to regenerate your skin

the conscious brain can only hold one thought at a time choose a positive thought



live near the ocean and inhale the pure salt air that flows over the water (vancouver will do nicely)

dance, sing, floss and travel