

20. Positive Behaviours

1. Smile more often
2. Stop avoiding difficult people
3. Use direct eye contact
4. Believe in you
5. Get out more
6. Stop whinging
7. Offer solutions not problems
8. Adopt a zen beginner's mind
9. Avoid negative people
10. Attract positive people
11. Encourage challenges
12. Remember people's names
13. Encourage positivity in others
14. Support people
15. Say good morning to strangers
16. Be fully present during conversations
17. Listen to people
18. Exercise
19. Eat healthy
20. Do something nice for someone

Cultivate
Great Living