



# Herb presents **HAPPY LIFE SECRETS**

**“Learn from yesterday, live for today, hope for tomorrow ...”**  
**Albert Einstein**

## **LEARN FROM YESTERDAY**

**1. Repeat your successes**  
Pay attention to the things that you've done right.  
Look at the things that worked.

**2. Learn from your mistakes**  
Evaluate the things that you've done wrong.  
Think back, and find ways you could have changed your path.

**3. Go easy on yourself**  
Do not beat yourself up over the past mistakes.  
You're punishing yourself for nothing!

## **LIVE FOR TODAY**

**4. Cherish your moments**  
Cherish each day. Remember that every moment is a gift.

**5. Go with the flow**  
Learn to take things as they come. Your days will be happier.

**6. Make life memorable**  
Create memories and experiences to learn from.

## **HOPE FOR TOMORROW**

**7. Don't worry, be happy!**  
If you want to find hope for tomorrow, stop worrying about the future.

**8. Saw this movie before**  
Use past experiences to deal with the "curve balls" that life may throw.

**9. Prepare to be flexible**  
Preparation for the future is a great way to put your mind at ease.



## **YOUR HAPPY LIFE IS AN INSIDE JOB**

**10. Ask for help**  
At some time in of our lives each of us needs a helping hand.

**11. Pay attention to intuition**  
Recognize intuition as a higher power speaking to you.  
Don't ignore your intuition.

**12. Listen to your feelings**  
Listen to your feelings because they will direct you in the right path to success. The path to the fulfillment of your divine potential.