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# **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.

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