

## **Dr May's Ways to Improve Your Relationships and Your Life**

1. Choose your emotions rather than have knee-jerk responses. Choose to be happy rather than right in your relationships. This will prevent a lot of arguing!
2. When you can't stop arguing repeat in your mind: "It doesn't matter"
3. Pay it forward. For every kind deed offered to you, do a kind deed for someone else.
4. Have an attitude of gratitude for your life and a child-like sense of wonder at the world around you.
5. Smile -- even if you don't feel like it. You eventually will!
6. Always tell the people you love that you love them. When you think a complimentary thought about someone -- tell them.
7. Refrain from making judgments -- think something positive instead.
8. Say 'yes' more than 'no' in your life and focus on the positive!
9. Hug someone tightly each and every day.
10. Make someone's day! Give some service or even a positive thought to someone who may need it.
11. Set aside time to spend as quality time with each family member and as a family as often as possible, daily if possible.
12. Tell yourself good things. Banish all bad thoughts. For better or worse, whatever you focus on is what you will get.
13. Learn to laugh at yourself. Don't take yourself or life so seriously. Always maintain or develop your sense of humor. Don't allow yourself to 'get offended' or take everything personally.
14. Love yourself, believe in yourself and forgive yourself. Take excellent care of your SELF; your physical, mental, emotional, spiritual and financial health. Every day work at making yourself the best version of YOU that you can be.
15. Plan and work for success. If you fail to plan, then plan to fail. It takes planning, time, effort, persistence and consistency to succeed in all things.

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**WELLNESS CARE for a BETTER LIFE**