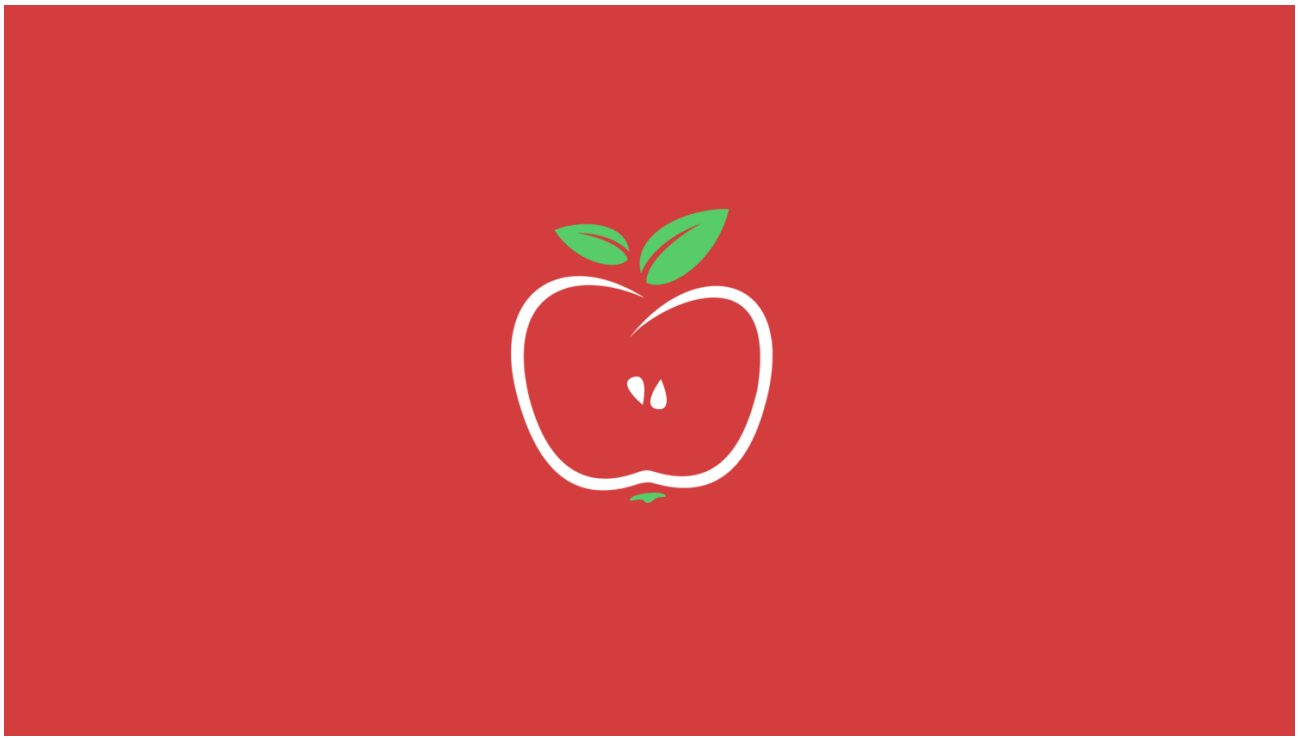
How to have a more peaceful life



- [ ] Recognise how much your thoughts affect your feelings - and work on changing your self-destructive thinking.
- [ ] Stop trying to be someone you're not meant to be.
- [ ] Stop trying hard to please other people all the time.
- [ ] Expect to meet hurdles and to experience disappointment.
- [ ] Enjoy experimenting with your creativity.
- [ ] See life as an adventure, full of possibilities.
- [ ] Be grateful for the small things that brighten your day.

Learn more: https://www.pinterest.com/viralstyle/

Make and Share Free Checklists
checkli.com