

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.

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