

Healthy habits (both physical and mental) and healthy choices give us a shot at a healthy life.

1. Always focus on what needs to be done and develop the discipline to do it. Also, under all circumstances, be cheerful and relaxed. Focus doesn't mean tension.
2. There is no ounce of evidence to prove that life has to be taken so seriously. Learn to discharge your duties with utmost sincerity, but with the least amount of seriousness. If your everyday life causes stress, you are doing it wrong. Try to engage in a sense of play. Activity keeps you busy; productivity makes you free.
3. Your happiness depends on how you interpret experiences. If you focus on what you don't have, you miss enjoying what you have. At every instance, train your mind to interpret only in a way that makes you happy and productive. Be positive. One wrong decision, one wrong turn is not the end of the world! Give yourself and people around you that leeway.
4. Learn to not take other people's opinion of you very seriously.
5. Don't misunderstand and be okay being misunderstood. It is impossible for everyone to act and react perfectly every time. But try to understand before finding fault.
6. Don't waste your time and energy over what you cannot control: other people's opinions on everything (including what you should be doing), others' actions and values. EVERYONE IS CORRECT IN THEIR OWN PERSPECTIVE. Don't fix on how and what should happen. இது தான் இப்படி தான் என்று எதுவும் பிக்ஸ் செய்யாதே! All possibilities happen in this life.
7. Don't judge anyone on how they lead their life. It is none of your business. If their choices affect you, then and only then comment in the aspect that directly affects you. Ignore wherever possible. Your comments are not going to change anyone. Each one of us are responsible for their growth only, not for others' growth.
8. Focus only on your responsibility. Don't even have an opinion about what is not your business. Focus only on your work.
9. Don't argue. Just listen to other people's opinions, take what is useful and leave the rest!
10. Don't derive people's intention from just their speech. Look at their actions. Some speak sweetly, but act opposite. Some don't know how to speak sweetly but may actually mean well.
11. Don't let others' expectation of how your life should be affect you. Neither should you dictate how anyone should be. Everyone should have a shot at realizing their full potential in the way they deem fit; this includes you too!
12. Don't standardize your life as the model for everyone, nor should you hold a situation/person as ideal. The confidence in our choices is based on the assumption that what we know is the whole truth. Often, this perception is limited and conditioned by our inherent biases. As we experience life more, our opinions change. Practice moderation.
13. Everyone's values, temperament and priorities are different based on the role they have to fulfill. Try to understand everyone's actions based on their values/temperament/priorities, not on your's. Our model of right and wrong is only meant for us. Though Eagle and Parrot are both birds, they eat different things! So, please don't stress on conformity!
14. Accept yourself completely! Everyone on the planet cannot possibly know everything. Know what you know, what you don't and how much you know. Anything you fully accept will take you to peace. That is the power of surrender.
15. Three things are important in life: gratitude, care and the discipline required to become the best (version of ourselves). Be grateful even for the smallest of blessings/help that you get. Care genuinely for everyone you cross paths with. Remember, care does not mean worrying for them or being protective of them, but helping them with kind words

and fruitful action (based on mutual agreement). The first beneficiary of becoming the best version is our own selves.

16. Be grateful for what you have, not for what you don't. Train your mind to remember only the blessings.
17. The thought to own more things brings more pain than by the lack of the thing itself.
18. Practice forgiveness and inclusiveness as much and as often as needed in your family. Remember only what happens today. Don't let your past barge into the present. Meet people and situations as independent events that you see for the first time.
19. See others' fault with a telescope and others' good deeds with a microscope.
20. Strive to know the reality, however unpalatable it may be, and accept it 100%. Look for solutions that work rather than what you like. Problems have solutions, the rest are conditions you have to learn to live with. If you don't even diagnose the problem correctly, how can you solve it?
21. Pain is unavoidable, but suffering is optional. So don't keep rewinding life. Life is a lesson learning exercise. Don't be attached to specific outcomes. Take life as it comes. What is in store could be better than what your mind can conceive!
22. How you perceive life depends on what kind of narrative you have strung connecting your individual life experiences. If your narrative is about a weak person who is always misunderstood, your future will also be like that. If your narrative is about a strong and kind person, who is also a good learner from life's experiences, your future will be of that person's future.
23. Poisons we take and expect others to suffer: fear, anger, regret, worry, resentment, jealousy, guilt and blame. Don't be surprised when you suffer after consuming these poisons.
24. Anger is the punishment we give to ourselves for what we perceive to be other people's fault. Learn to replace anger with understanding.
25. Take criticism seriously, but not personally. If you are hurt by what people say, the problem is with you. For one harsh word they use, you fret for days. Is your time that invaluable? Honestly review where you can do better and make a change, or at least accept your shortcomings. When you accept mistakes and correct them, mistakes stop happening!
If you are not wrong, be okay with their wrong perception. No human is perfect. Also, not everyone articulates well. Just let go and move on!
26. Don't lose your sense of humour and most importantly, don't forget to smile :-)
27. Fix the set of values that define you and base all your actions/ reactions on them. Don't give into your impulses. Don't let others dictate how you act. Be like the Sun which shines equally on all.
28. Know the difference between what is important and what is not, in people and in things. Don't waste your energy on the unimportant stuff; learn to let go. Don't waste your precious time and energy.
29. Like a sculptor, chisel all the unnecessary parts of yourself to carve out your best version.
30. Never assume anything negative, always ask! If you want to assume, why don't you assume something good.
31. Be patient and pick a pace for doing things. Remember, nature doesn't rush, yet everything is accomplished. Do everything with enthusiasm, as if you are born to do what you are doing.
32. Always pause: before judging, before replying, before assuming, before accusing or before saying anything hurtful. Helps you avoid regrets.

33. Never pause when you have something good to say about others.
34. When you are hungry or tired, all emotions are heightened. Identify and take a break. Don't take decisions when you are emotional.
35. When you think you are having a bad day, think of those who have it worse. Your problem is nothing! Be grateful for the life you have.
36. Try to find nature's own rhythm. You will see everything proceeding smoothly and spontaneously. Try to realise a sense of play, a deep delight, and the constant remembrance of the one. Be pleasant under all circumstances.
37. Equations: everyone has different equations with different people. Never interfere or extrapolate. Let everyone be however they want to be anybody else. Focus on being grateful and giving care. Understand the nature of your relationship with different people.
38. Never ask why anyone is the way they are. Everyone is the result of so many people before (over 120 years, 48000 people influence our personality as dictated by DNA). Very few can override those impulses.
39. Maybe those who hurt you are themselves hurt. Try to take into account their journey before being harsh on anyone. Everyone reacts based on what they know. It is possible that they don't even know how to be better! Think!
40. Don't expect everything to go a certain way. Learn to just go with the flow.
41. In all conversations, talk as if it is the last conversation you are going to have with that person. This will naturally make you soft in your approach.
42. Use the least number of words to speak at the right time what is truthful, useful and kind. Sometimes silence and hence peace are better than being correct.
43. Comparison is the source of all misery. Comparison to an ideal image or to other people's life, both are bad. There is nothing as ideal.
44. Don't take responsibility for everyone's behaviour. In your equation with each, see what you can do to help. Be compassionate.
45. When someone praises, say 'thank you, you are very kind to say that' and take their praise as an inspiration. When someone scolds you, say " thank you, I'll see what I can do about it". In most cases, those who criticize are those who are close to us and may have a valid point.
46. Remember that we should not look for appreciation or approval from anyone. Others' opinion of us should not matter to us. Peace that comes from doing anything sincerely is a reward in itself! योगः कर्मसु कौशलम्।
47. Don't expect everyone to be nice and kind. Everyone is busy dealing with their own problems. Sincerity is a better virtue to look for when you choose friends!
48. There is no substitute for the right medicine. You cannot take Tylenol for a heart attack. Similarly, there is no substitute for the right things you need to do to get your life on track. Doing 100 of things is not equal to doing the one right thing at the right time, in the right way.
49. The plants you water grow! Same with your mental and physical habits. Which practices do you water? Discipline your mind and body! There are no shortcuts.

Between couples

1. Have one on one time, even for a few minutes, at the end of every day.
2. Never fight about the same thing over and over. Agree to disagree.
3. When you argue about something being wrong, also try to argue for why what happened is right. This gives a more central perspective to a situation.
4. Every night, hit the reset button. Never carry one days, fights, disappointments to the next day. Life is like riding a bicycle. Keep moving to keep balance.

5. When you discuss a new idea, give it time to be accepted. You have thought about it for so long. It is only fair to give the other person some time. Encourage everyone to think before replying!
6. Listen to understand, not to respond. Try to paraphrase what your spouse says and make sure that you have understood their concerns clearly.
7. Anger is a punishment that we give ourselves for others' mistakes. Don't speak when you are angry.
8. A different way is not wrong. Embrace variety. Don't be too rigid.
9. Freedom and responsibility go hand in hand in happy families.
10. Long term relationships are built on trust and respect. Make an extra effort to understand and be understood.
11. Mistakes are not crimes. Don't attach an intention to others' mistakes.
12. Give the space for others to discharge their duty the way they deem fit. Know your boundary. Respect everyone's space.
13. Happy individuals make happy couples. Grow to become content with who you are and focus on improving your actions/reactions.
14. Don't fight with your spouse for a mistake that someone from their side of the family does. In the same vein, don't accept responsibility for others' behaviour.
15. Engage in household chores together.
16. Listen to music together or engage in appreciating some form of art.
17. Learn to say 'no' and learn to respect each other's 'no's.
18. Don't rush decisions, especially important ones. Often others' inputs give better outcomes.
19. Don't be overly attached to your ideas. Always get inputs on how to improve.
20. Keep it fun! Why else would anyone want to spend time with you!

Good habits

1. Light diya twice a day.
2. Cook the first meal only after taking a bath. Also eat only after taking a bath.
3. Celebrate all festivals at your home. Make prasadam at home. Never offer God anything from outside. Potlucks only on the next day.
4. Happy people make happy couples. Constructive criticism and unconditional support is a must.
5. Eat only fresh food. Don't make food in the refrigerator and keep reheating it.
6. Keep the house clean and organized.
7. Exercise as a family! On any given day develop the stamina to walk 5 km.
8. Home is where everyone should feel free. Neither create an environment of fear or guilt, nor encourage irresponsible behaviour.

Values to develop for a happy life: Enthusiasm, Courage, Adventurous spirit, Personal philosophy for life, Balanced Approach in external life engagements and Uncompromising pursuit for Harmony and Freedom.