

be happy



Have a sense of wonder.



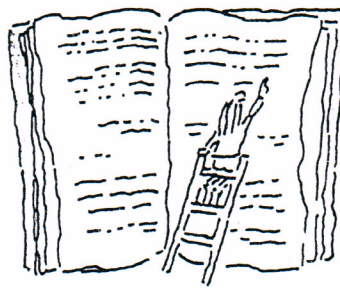
Stay inspired.



Help others.



Do things you're good at.



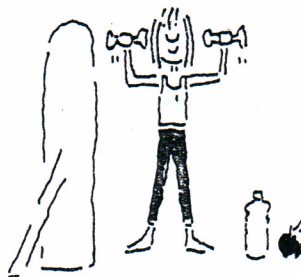
Read books.



Limit television.



Love your work.



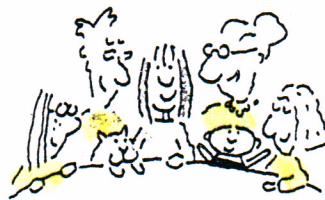
Exercise.



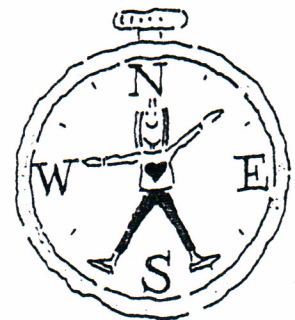
Face your fears.



Believe in yourself.



Stay close to friends and family.



Let your heart be your guide.

BY MONICA SHEEHAN