

To express your feeling of thankfulness with words



Do you often say "Thank you, I enjoyed your cooking," or "How are you?" to your family? You may take it for granted that they understand your feelings or that you are too shy to express your thankfulness because they are close family members. Even though, you should make effort to tell them your thankfulness.

To be satisfied with a moderate lifestyle



PHOTO BY KEZANG DAWA

How to moderate your diet is a key to good health. Ideally, we shall have life in which we are satisfied with moderation in everything. In other words, we shall control our greed and maintain moderation as our motto for life. Why don't you "cut down" on your approach to life?

To enjoy four seasons in your life



Do you feel the seasonal changes around you? Why don't you pay more attention to them and celebrate the seasons with others? You can write letters to your friends to share the beauty of each season by enclosing such things as photos of a scenery or a flower, or even enclose a nice seasonal poem. When you are aware of the seasonal changes and listen to the sounds of nature, you will certainly find something new.

**Do not to extend yourself too much,
but accept your present limitations.**



PHOTO BY KEZANG DAWA

"I know I can do better." "I used to be able to do it much better."
Do you tend to think like this and overdo it? Why don't you accept your present ability? It is better not to persistently believe in your past ability. Instead, you should try to look for things that you can be better at now. Then you can start anew.

There is sky you can look up.



Away from bustle and hustle of your busy days, why don't you just look up the sky?

Every time you look up, you will always discover new face - sky with sunrise and sunset, sky with clouds, and sky at night - that will never make you board.

Take a deep breath with the sky, you will have a perfect moment to rest your weary mind.

Without haste, but with detour



PHOTO BY KEZANG DAWA

Tick-tack, tick-tack,,, we find ourselves in hectic days, that is why we need the time to spare. The spared time make your action lovely, them will make your spirit kindly.

Always you are given a choice



Life consists not in holding good cards such as good job or good family but in how you could hold and play them. I can think of nothing fun and deep than a life devoted to just only success and pre-established harmony.

The unexpected make you think and confused. Thought makes your life deeper and richer.

When you have to face the difficulty of your life, you just can take it as bane, but you can think it like 'the opportunity from God'.

The life of cards run themselves according to necessity, but we are always given to have a choice of the way to hold and play them.

There is more to life than being very nice to others



Trying to work more than you can hurts not only you but also others around you. And the longer being too nice to others than who you are, the longer taking the time to be back who you are. It may not go easily, but you can start now. Simply, take a rest.

How about forcing your kindness onto others?



PHOTO BY KEZANG DAWA

"Please take this seat", "May I help you?", "Are you alright?"

It is not always easy to speak these simple words to someone whom you don't know when you think of being turned down.

However, let's find the courage to speak out. Then something will change inside you, and warm atmosphere will come up around you.

Be brave!

Say Hello in a bright voice



PHOTO BY KEZANG DAWA

It is sometimes hard to speak out in a clear voice in early morning. How about doing practice of saying hello loudly before you leave your home?

And how about speaking to your family and colleagues in a voice which is clearer and brighter than usual?

You will feel great throughout the day.

Let's get sweaty



PHOTO BY KEZANG DAWA

Aren't you stressed out in a daily life lacking exercise?

The best stress reliever is perspiration. Jogging, walking, ... you can start from anything you like. You may feel physically tired, but you will feel mentally refreshed so much. And no doubt you will get a sound sleep!

Enjoy solitude



You can find some time, place and space in your life that you feel comfortable.

Then how about spending time for yourself?

Enjoying what you want at your own pace and taking your time thinking matters are sometimes necessary to be positive and constructive.