

NEW YEAR LIFE HACKS

PRACTICE YOUR PERFECTIONS						
MON	TUE	WED	THU	FRI	SAT	SUN
Generosity	Precepts	Patience	Meditation	Perseverance	Wisdom	Acceptance

THEME YOUR MONTH	
JAN	Do not wait to receive a smile, be the one to smile first.
FEB	Do not wait to receive love, be the one to love first.
MAR	Do not wait to be understood, be willing to understand others.
APR	Do not wait to be served, be of service to others.
MAY	Do to wait for support, be a pillar of support for others.
JUN	Do not grow angry and stressed, be patient and peaceful.
JUL	Do not hate anything, fill your heart with compassion.
AUG	Be willing to make sacrifices for others and for the common good.
SEP	View your failures as stepping-stones to success.
OCT	Do not be ashamed to ask if you don't understand, be eager to learn from and to correct your mistakes.
NOV	Be content and grateful for the little things in life.
DEC	Increase the happiness of others by sharing in the joy of their success, decrease their sorrow by sharing the burden of their suffering.

REMEMBER YOUR 5 PRECEPTS				
1. Refrain from killing	2. Refrain from stealing	3. Refrain from sexual misconduct	4. Refrain from lying	5. Refrain from intoxication

CHANGE YOUR KARMA		
3 Karmas	10 Bad Acts	Remedies
Body Karma	killing	compassion
	stealing	generosity
	sexual misconduct	purity
Speech Karma	lying	truthfulness
	instigating	mediation
	harsh speech	gentleness
	flattery	honesty
Mind Karma	greed	charity
	anger	patience
	ignorance	wisdom

STUDY the above + DO the above =

