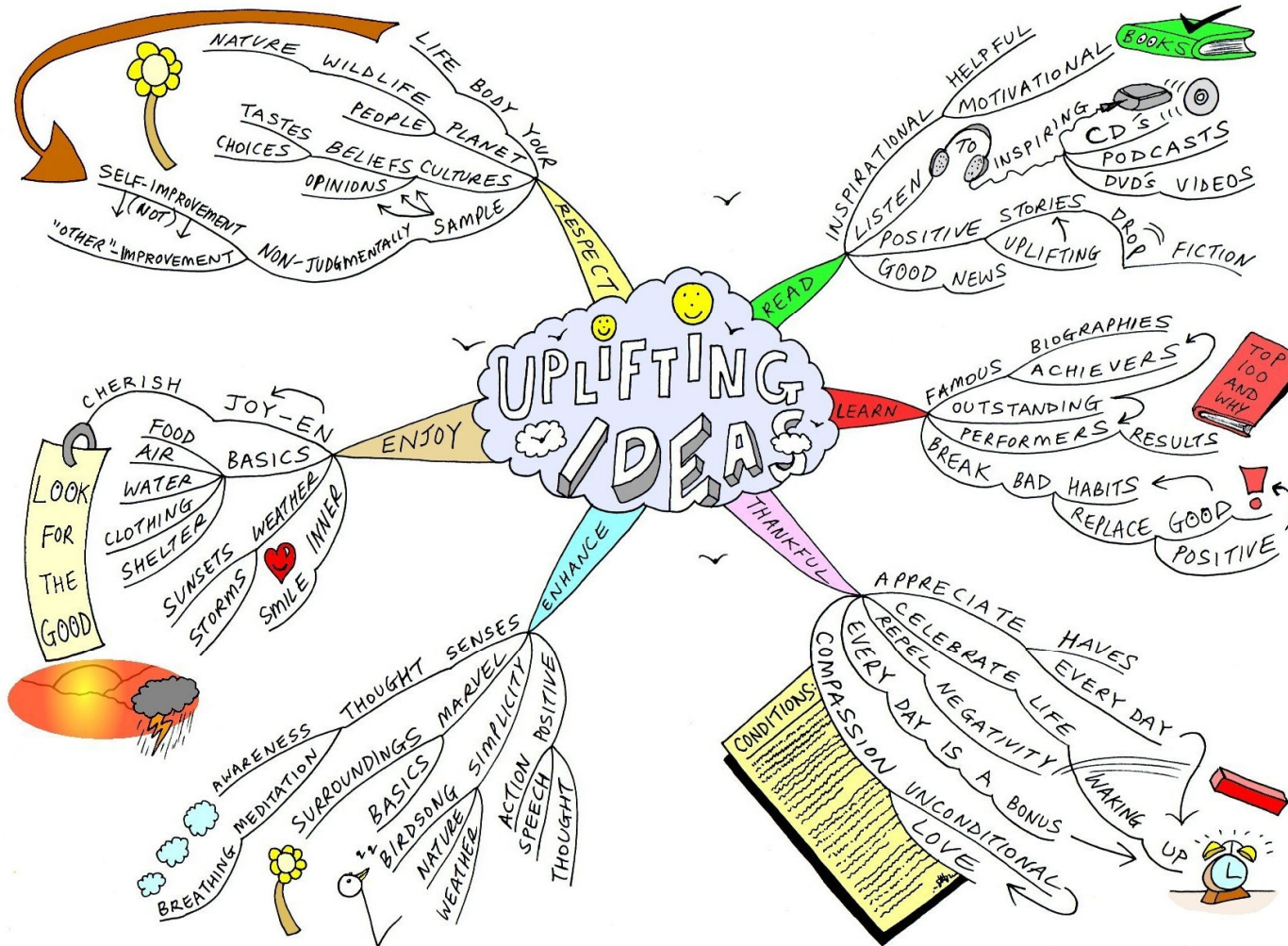


50 Uplifting ideas



1. Respect your body and life
2. Respect the planet
3. Respect wildlife and nature
4. Respect other cultures
5. Respect other people's beliefs
6. Respect other people's tastes
7. Respect other people's choices
8. Respect other people's opinions
9. Sample other people's beliefs
10. Sample other people's tastes
11. Sample other people's choices
12. Sample other people's opinions
13. Sample non-judgment
14. Self-improve rather than other improve
15. Read inspiring books
16. Listen to inspiring CD's
17. Listen to inspiring Podcasts
18. Listen to inspiring DVD's & Videos
19. Read positive and uplifting stories
20. Read good news
21. Try dropping fiction
22. Learn from the famous
23. Read about high achievers
24. Read biographies
25. Learn about Top 100 (or 10) best in their field
26. Break bad habits; replace with good
27. Be thankful
28. Appreciate what you have
29. Repel negativity
30. Celebrate life
31. Focus on what matters
32. Focus on what is important
33. Enhance senses
34. Enhance awareness of thinking
35. Learn meditation
36. Learn breathing techniques
37. Marvel at your surroundings
38. Marvel at the basics
39. Enjoy simplicity
40. Listen to birdsong
41. Listen to nature
42. Listen to the weather
43. Practice positive action
44. Practice positive speech
45. Practice positive thought
46. Look for the good
47. Cherish how fortunate you are
48. Enjoy sunsets
49. Enjoy storms
50. Harness your inner smile