

# How to Live

By: Karen MacHutchon

LOVE your parents, your friends, animals, nature – that is EASY.  
LOVE your enemies- that is HARD.  
LOVE YOURSELF – some days that feels hard too but the payoff is never ending.

SMILE in the morning, in the afternoon, in the shower, in the sun, even in the rain.  
SMILE at the cashier in the store, the gentleman holding the door, the kid down the street, the grumpy teenager sending a tweet.

CELEBRATE every occasion big & small, birthdays, anniversaries, good marks, success, friends, a life.  
Celebrate every DAY- it is a gift. CELEBRATE LIFE!!

SHARE your talents, your gifts, your money, your time, your smile, yourSELF. It is only in giving and sharing that we get back more than we give.

FIND JOY in the simple things in life - a baby's giggle, a laugh with a friend, a walk through nature, cuddling up in your favorite blanket, coffee in the morning, spending time with those you love. Joy is never dependent on wealth or status or fame but is one of life's greatest secrets.

BE KIND to the world!! Anger is wasted energy that we will never get back.

HUG when you are happy, joyous, sad, angry, troubled, excited, agitated. It will connect your body and soul to people in a way that words cannot.

And Always LOVE.