

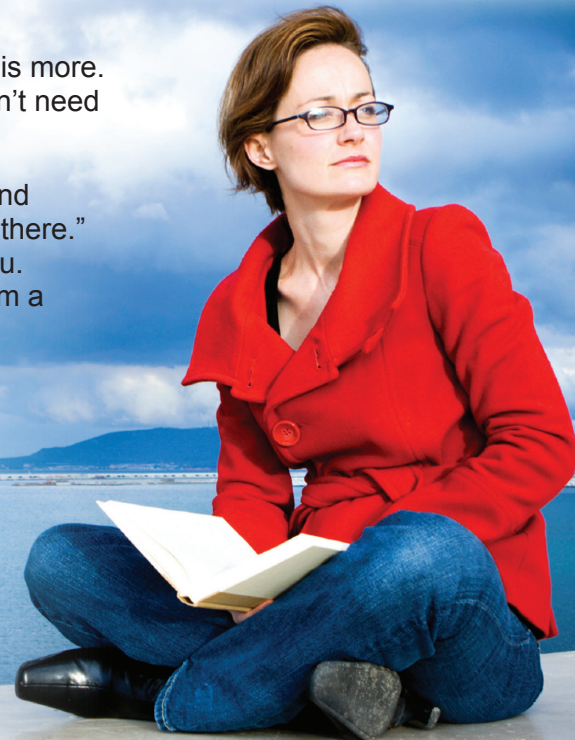
# 32 Things You Can Do to Be a Better Person



**A**s the saying goes, “Every day, in every way, I get better and better.” Here are dozens of strategies you can use on any day to be a better person. I try like heck to practice and model these strategies knowing of course that I will never get them all “right”. That’s because being a better person is a journey, not an event.

They come in no specific order and there is no way to do them all at once. Focus on 2 or 3 at a time and see how it works for you!

1. **Notice your breath** – Notice breathing in and breathing out. Breathe deep into your belly through your nose and out slowly through your mouth. Noticing your breath is one of the fastest ways to become present. A good place to do it is when you are stuck in traffic!
2. **Be grateful for what you have** – Remind yourself both morning and night of what I am grateful for. The gifts I have been given. Remember the 23<sup>rd</sup> Psalm: “I shall not be in want.”
3. **Practice loving-kindness** – Put your intention on the good in every one and every thing. When you smile at the world and give it your love, it gives it back to you.
4. **Be present** – Don’t get caught up in before and after. As Eckhart Tolle says, “Be in the now.” One way to be present is to be a good listener. See if you can listen for five minutes to someone fully without interruption.
5. **Don’t listen to the “noise”** – There is much doom and gloom. What good is it doing anyone? Turn the TV off! Get off that social media site! Think for yourself and don’t be distracted by the media and its messages. What does your deepest intuition tell you about the situation?
6. **Simplify life** – Continue to shed, shed, shed. Remember that less is more. Be content with what you have. Think simple and beautiful. You don’t need “more” to be happy.
7. **“Give up on being right”** – As the Sufi poet Rumi said, “Out beyond ideas of wrongdoing and rightdoing, there is a field. I will meet you there.” Recognize that being right has never done much of anything for you. Accept *what is* and your role in it. Then do what has to be done from a practical standpoint.
8. **Ask what’s good for the team** – Whether you’re running a business or a household remember that the team comes first. Always ask, “Is this in the best interest of the team?”
9. **Do something to move forward** – There is no substitute for a taking action. Remember that action takes place in the now. Ask, “Is this present conduct moving me forward?” What is my next step?



- 10. Let go of what feels “unfair”** – The emotional tipping point in any man or woman is how they deal with what feels “unfair.” Do not identify your problems with yourself. That is a mind game you cannot win. Do what needs to get done... and let go!
- 11. Act with integrity** – As the Buddha said, “Be a lamp to yourself. Be your own confidence. Hold truth within yourself, as to the only truth.” Integrity begins within.
- 12. Do not blame** – When things feel unfair it is very hard not to blame. Notice yourself when you do. Say something to the effect, “I just blamed somebody for this.” Then let go of it and realize it has nothing to do with you. This is true whether you got cut off on the highway, came home to a cold dinner, or didn’t get the project in on time.
- 13. Quit worrying** – As Mark Twain said “I am an old man and have known a great many troubles, but most of them never happened.” I find when I spend too much time, energy and focus on what “might happen” I don’t spend that time, energy and focus on what I need to get done... now.
- 14. Put a smile on your face** – It’s been said that the shortest distance between two people is a smile. Smiling produces a positive energy others can feel. Smile at the world and the world smiles back at you. Who will you smile at today?
- 15. Give somebody a hand** – Maybe it’s helping a blind person cross the street, a child learning to read, or a senior to use the internet. Maybe it’s making a cash donation to a charitable organization, or donating items to Goodwill. Simply ask yourself, “How can I be of service today? How can I be of service to my son, daughter, or spouse? How can I be of service to my employees, customers, or clients? How can I be of service to my community?”
- 16. Eat right** – No excuses here. Stick to a strict diet six days per week. Plan your meals in advance and eat better while eating less.
- 17. Get a good night’s sleep** – Unless you get at least seven hours of sleep, you will begin generating an accumulated tiredness. Sure you can last on less sleep for nights in a row, but it wreaks havoc on your faculties and effectiveness.
- 18. Get some exercise** – Every day. First thing in the morning for at least thirty minutes. Long workouts on Wednesday and Saturday. Add yoga, biking, lifting, hiking, swimming, volleyball, and activities with family. Those are some of my activities – what are yours?
- 19. Write a note or make a call** – Send a thank you note at the end of the day. Pick up the phone simply to say hello. Schedule taking friends to lunch at least once per week. Don’t be too busy that you lose touch with relationships that matter.





**20. Plan an adventure** – It may be for two days or two months. Put something exciting that you can look forward to on the calendar. Could be a tri-athlon, hiking trip, day at Disney World, trip to Jazz Fest, Paris, you name it. Always make sure there are at least a few adventures planned on your calendar.

**21. Read a good book** – Spend at least 15 minutes every morning with “spiritual” text. For me it could be the Bible, the Tao, or Eckhart Tolle. It could be meditating over a note written by a long-lost relative. Don’t just read it, be with it. Feel it. Step in the writers shoes. Reflect on it. Ask what you will do differently today in light of it.

**22. Say something positive** – To your loved ones, employees, and yourself every day. Try to be specific when you do. “I love it when you ....” “It makes me so happy to see you because....”. Fact is, when we run as hard as we do it’s easy to say only the negative. As Stephen Covey says, that really lowers the emotional bank account. Develop a practice of making people feel good by finding the good things in them.

**23. Meditate** – It’s generally best to do it first thing after you get up. But you can do it midday or before you retire. Fifteen minutes is all you need and thirty minutes is just wonderful. Be with the stillness. Let the chatter in your mind finally come to rest. Meditation helps you to develop an inner peace and awareness that brings a “whole person” to the day. Or you can go for a float in a float tank!

**24. Have a plan** – Don’t go into a workday or even a Saturday without a plan. What will you have done by the end of the day? When will you do it and how long will it take? If you don’t plan, you are planning to fail. One reason why I encourage “rolling” 90 Day Game Plans!

**25. Stay on the beam** – As spiritual and physics texts will remind you, we are all about the light. When light is focused it turns into a laser beam and is so powerful it can cut through steel. Just like when you focused the sun through a magnifying glass as a kid. Your light is no different. Stay focused on doing one thing well at a time. Multitasking is not time-efficient. Becoming distracted is so easy. An email pops up, the phone rings, somebody steps in your office. Remember to ask yourself, “Am I on the laser beam or have I drifted away from it?” Focus yourself during the day and watch your effectiveness grow.

**26. Learn something new today** – You should be absorbing educational or inspirational material for at least a few hours week. Top-selling business books, all-time classics, industry periodicals, video learning, movies, podcasts, CDs, documentaries, the options are endless. The point is to be constantly learning. What will you learn new today?

**27. Do something for yourself** – It doesn’t have to be a big thing. Maybe playing piano for fifteen minutes, taking a bath, reading the comics, playing a game of solitaire, petting your cat or simply watching a half-hour of TV. (Limit the watching of TV to no more than one hour per day. Do not waste time watching TV!)





- 28. Listen to some uplifting music** – Whether it's the hottest dance song, Beethoven playing the 9th, Elvis singing Gospel, or Pavarotti singing opera, listen to music that stirs your soul. Music brings you to the present.
- 29. Say “no” to one bad habit today** – Whether it's smoking a cigarette, having that second cup of coffee, eating French fries, or drinking soda, say “no.” One technique is to say, “Instead of X, I will do Y.” “Instead of having a cigarette, I'll have an orange.” Instead of having a soda, I'll have a green tea.” What one thing did you say “no” to today? Remember, habits are broken one day at a time.
- 30. Don't raise your voice** – About anything or to anyone – unless it's an emergency or victory celebration. (I've been working on this for 30 years ☺). If necessary, quickly change your physical state. Walk, breathe, or do the whoopee dance, but don't “vomit” on anyone... for any reason. Not even if you feel the need to do so because you are right and they are wrong. You also have my permission to refrain from yelling at yourself!
- 31. Have a laugh** – Put on the comedy station for five minutes, watch CK on YouTube, read the funnies, tell a good joke, or simply laugh out loud in the car by yourself. Laughter has an incredible healing power to it. As Loy Young says, “May you die laughing.” If you can't find something to laugh about – then make up something to laugh about.
- 32. Live with passion** – As William Blake stated, “Those who restrain desire do so because theirs is weak enough to be restrained.” Go for it. *Rock the day*. Bring all your energy to bear. Remember that life is short and the last thing you want is to simply put an X on the calendar. Live your day to the fullest no matter where you are or what you're doing!



There you have it. A laundry list for self-improvement. Chunk it down one bite a time!

All the best, Don

