

Tips for a Better Life



**Take a 10-30 minutes walk every day.
And while you walk, smile.**



Cochemiea poselgeri

Sit in silence for at least 10 minutes each day.



Echinocereus pectinatus



Sleep for 7 hours.

Coryphantha wohlschlageri

**Live with the 3 E's : Energy, Enthusiasm,
and Empathy.**



Lobivia tiegeliana

Play more games.



Astrophytum super kabuto

Read more books than you did the previous year.



Rebutia poecilantha

**Drink plenty
of water.**



Lobivia robusta

**Eat more foods that grow on trees and plants
and eat less food that
is manufactured
in plants.**



Discocactus horstii

Eat breakfast like a king,

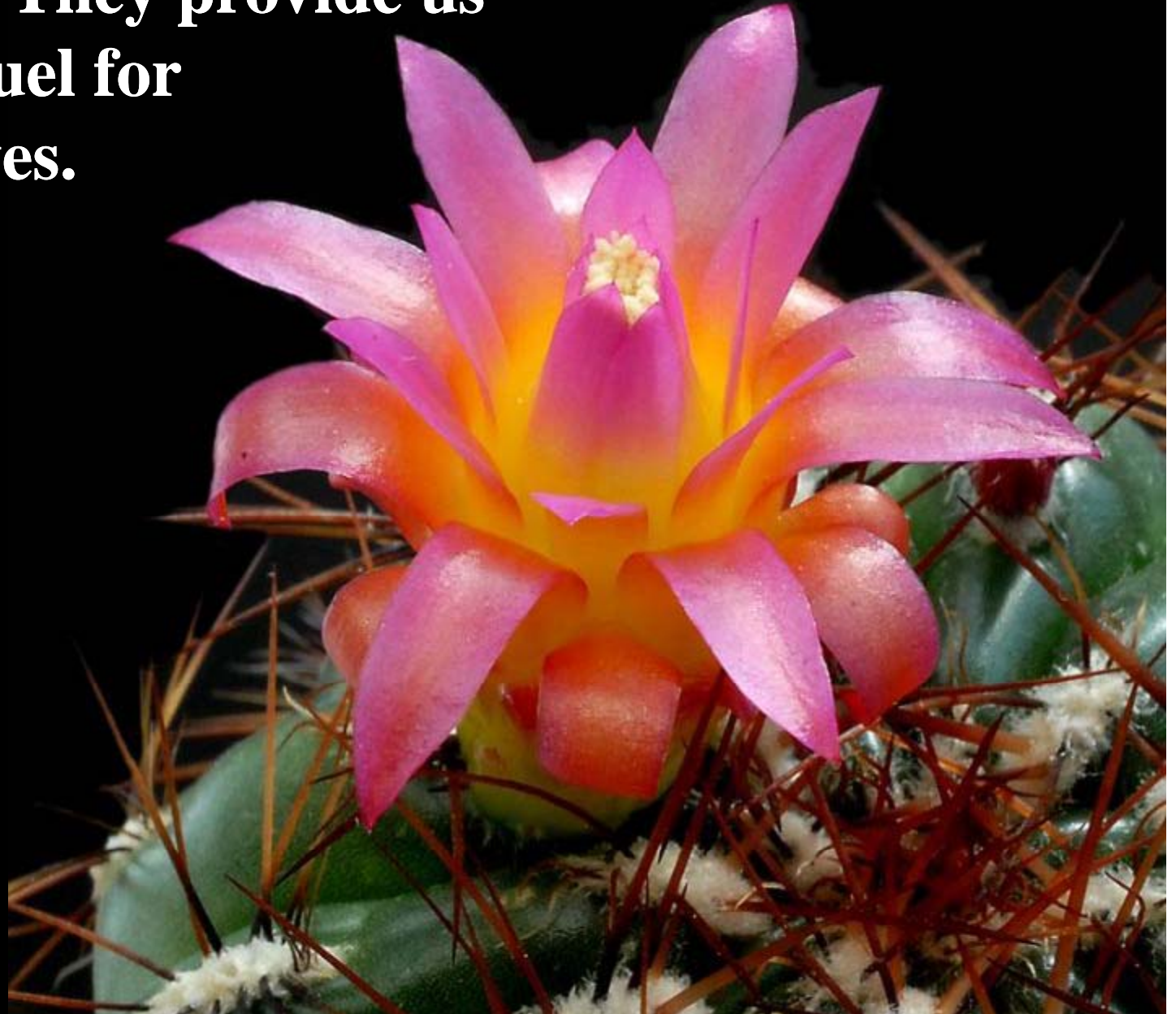


lunch like a prince

**and dinner like
a beggar.**

Echinocereus reichenbachii

**Make time to practice meditation,
and prayer. They provide us
with daily fuel for
our busy lives.**



Oroya peruviana

Dream more while you are awake.



Escobaria minima

Smile and laugh more.



Rebutia pallida

Try to make at least three people smile each day.



Escobaria wissmannii

Don't waste your precious energy on gossip.



Mammillaria albiflora

Don't have negative thoughts about things you cannot control.



**Instead invest
your energy
in the positive
present moment.**

Echinocereus klapperi

**Spend time with people over the age of 70
& under the age of 6.**



Echinocereus polyacanthus

Life is too short to waste time hating anyone.



Neowerdermannia vorwerkii

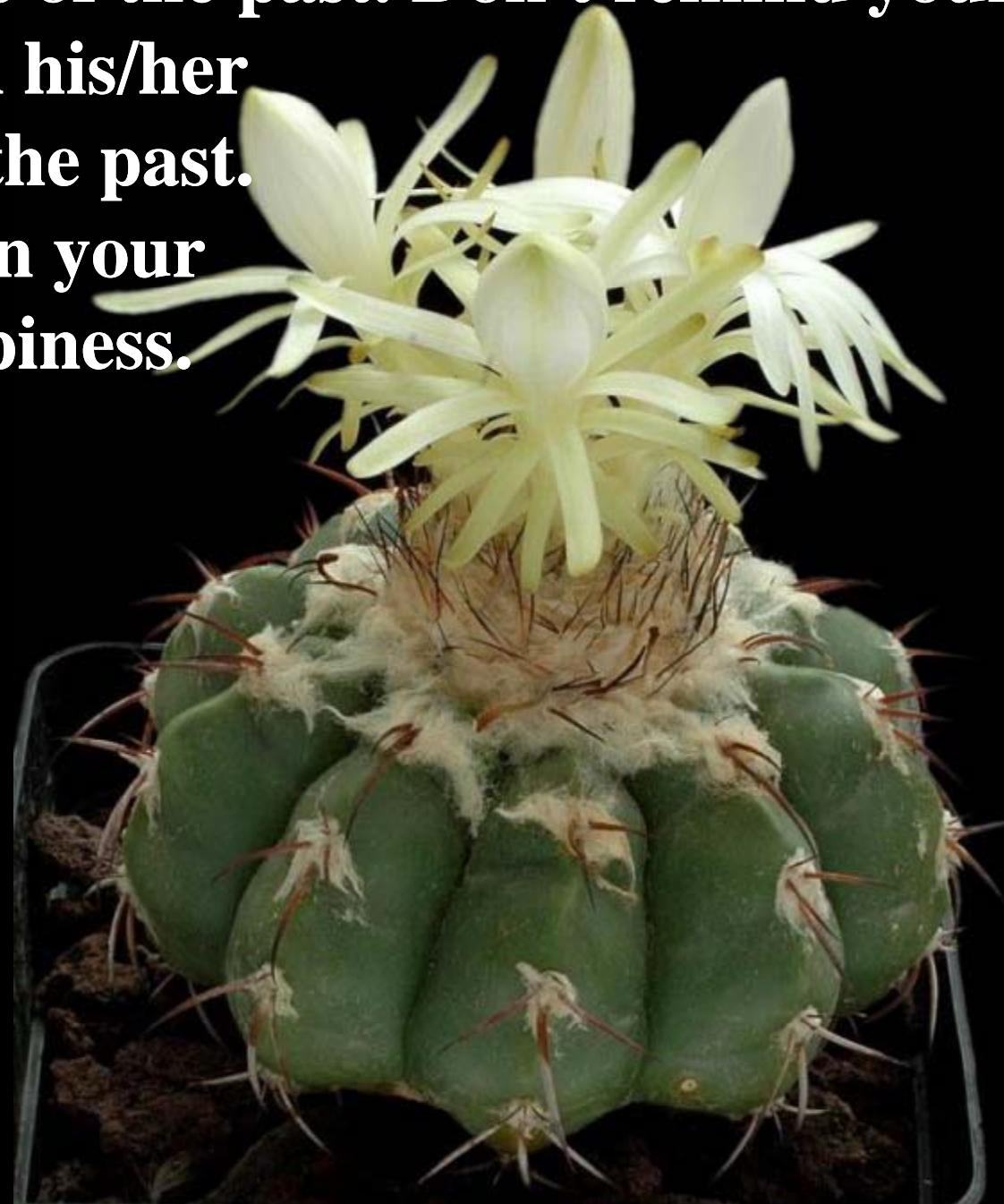
**Don't take yourself
so seriously.**

No one else does.



Matucana krahni

Forget issues of the past. Don't remind your partner with his/her mistakes of the past. This will ruin your present happiness.



Discocactus pugionacanthus

**Realize that life is a school
and you are here
to learn. Problems
are simply part
of the curriculum
that appear and
fade away like
algebra class,
but the lessons
you learn
will last
a lifetime.**



Astrophytum coahuilense

**You don't have to win every argument.
Agree to disagree.**



Echinocereus subinermis

Don't compare your life to others'. You have no idea what their journey is all about.



Echinomastus durangensis

Make peace with your past so it won't spoil the present.



Ferobergia hybride

**Your job won't take care of you when you are sick. Your friends will.
Stay in touch.**



Lobivia cinnabarina

Forgive everyone for everything.



Lobivia peclardiana

What other people think of you is none of your business.



Mammillaria slevinii

**However good or
bad a situation is,
it will change.**



Copiapoa tenuissima

**Get rid of anything
that isn't useful,
beautiful
or joyful.**



*Ortegocactus
macdougallii*

**Envy is a waste of time.
You already have
all you need.**



Parodia spaniosa

The best is yet to come.

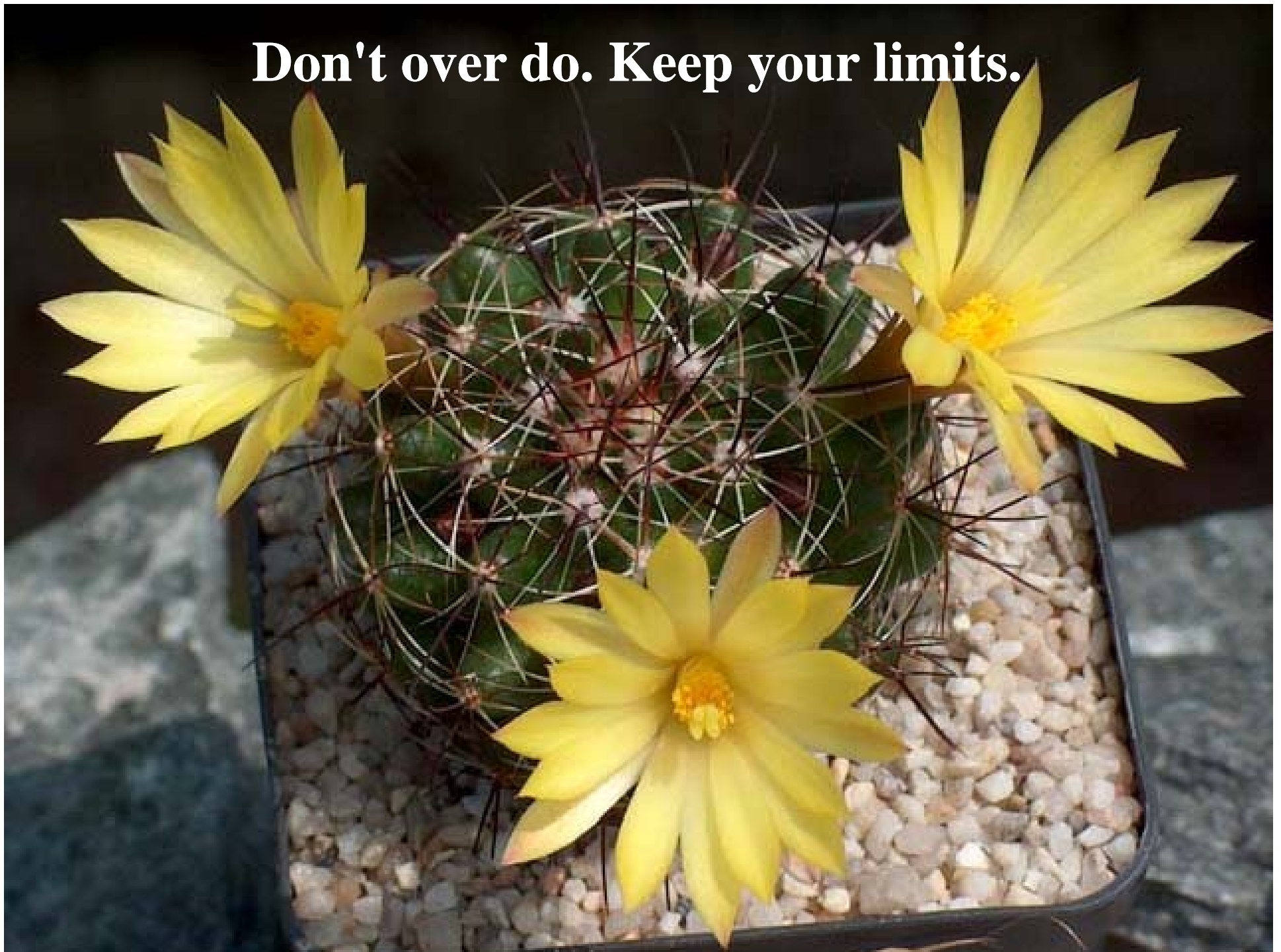


Parodia spaniosa

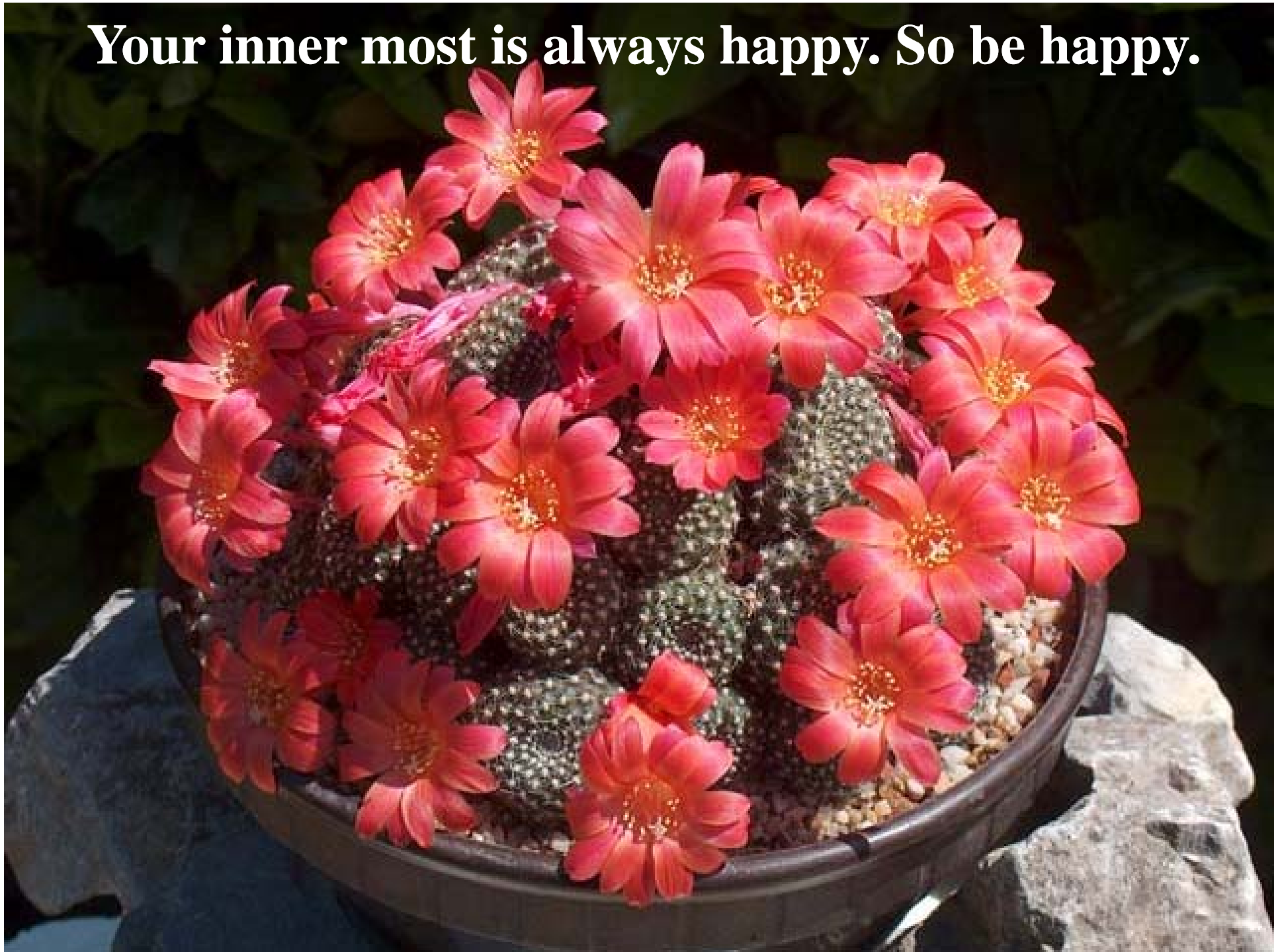
**No matter how you feel, get up, dress up
and show up.**



Don't over do. Keep your limits.



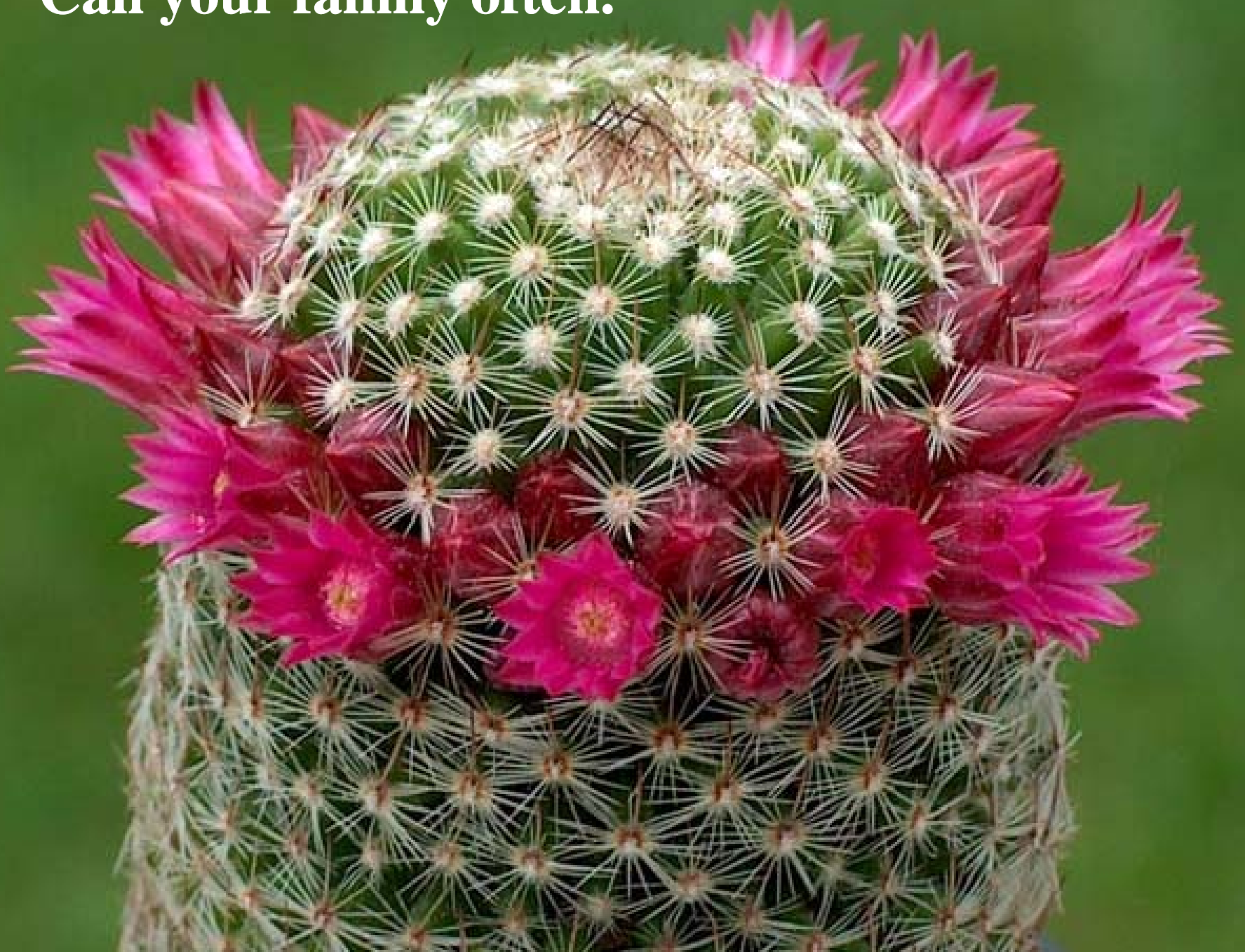
Your inner most is always happy. So be happy.



Do the right thing!



Call your family often.



**Each day give something
good to others.**



Please share these words with those you love

