

Drink fresh water and as much water as you can. Water flushes unwanted toxins and keeps your brain sharp.

love

Your outlook on life is a direct reflection of how much you like yourself.

Coke, Pepsi and all other pops will be known as the cigarettes of the future. Colas are NOT a substitute for water. Colas are just another cheap drug made to look great by advertising.

Do yoga. It lets you live in the moment and stretching releases toxins from your muscles.

Do one thing a day that scares you

WEAR SUNSCREEN

Listen, listen, listen, and then ask strategic questions.

Compliments from the heart elevates another persons spirit and will often result in an encouraging word for someone else - a domino effect.

Life is full of setbacks.

Success is determined by how you handle setbacks.

Write down your short and long term GOALS four times a year. A university class study found only 3% of the students had written goals. 20 years later, the same 3% were wealthier than the other 97% combined.

A daily hit of athletic induced endorphins will give you the power to make better decisions and help you be at peace with yourself.

One hour of aerobic exercise will release endorphins to regenerate cells and offset stress.

Let SWEAT FLOW from your pores once a day to regenerate your skin.

Jealousy works the opposite way you want it to

Wake up and realize you are surrounded by amazing friends.

Stress is related to 99% of all illnesses.

Live near the ocean and inhale the pure salt air that flows over the water. Vancouver will do nicely.

Visualize your eventual demise. It has an amazing effect on how you live for the moment.

Do not use cleaning chemicals on your kitchen counters. Try vinegar and lemon. Someone will inevitably make a sandwich on your counter.

Don't trust that an old age pension will be sufficient.

Communication is COMPLICATED. Remember that each person is raised in a different family with slightly different definitions of every word. An agreement is an agreement only if each party knows the conditions for satisfaction and a time is set for satisfaction to occur.

Friends are more important than money.



Be creative.

Do yoga so you can remain active in physical sports as you age.

Observe a plant before and after watering and notice the benefits water can have on your body and brain.

You ALWAYS have choice and the conscious brain can only hold one thought at a time. Utilize your freedom to choose.

Just like you did not know what an orgasm was before you had one, nature does not let you know how great children are until you have them. Children are the orgasm of life.

Nature leads us to mediocrity for safety and reproduction.

Average is as close to the bottom as it is the top.

Take various vitamins. You never know what small mineral can eliminate the bottleneck to everlasting health.



lululemon athletica was formed to provide people with components to live a longer, healthier and more fun life. If we can produce products to keep people active and stress free, we believe the world will be a better place.

Do it now. The world is changing AT SUCH A RAPID rate that waiting to implement changes will result in you being two steps behind. DO IT NOW, DO IT NOW!

Will you choose a life of a glass half empty or a glass half full?

DANCE, SING, FLOSS AND TRAVEL