**Living Life to the Full ☺**

1. Take into account that great love and great achievements involve great risk

2. When you lose, don't lose the lesson

3. Follow the three R's: Respect for self, Respect for others, Responsibility for all your actions

4. Remember that not getting what you want is sometimes a wonderful stroke of luck

5. Learn the rules so you know how to break them properly

6. Don't let a little dispute injure a great friendship

7. When you realize you've made a mistake, take immediate steps to correct it

8. Spend some time alone every day

9. Open your arms to change, but don't let go of your values

10. Remember that silence is sometimes the best answer

11. Live a good, honourable life. Then, when you get older and think back, you'll be able to enjoy it a second time

12. A loving atmosphere in your home is the foundation for your life

13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past

14. Share your knowledge. It's a way to achieve immortality

15. Be gentle with the earth

16. Once a year, go someplace you've never been before

17. Remember that the best relationship is one in which your love for each other exceeds your need for each other

18. Judge your success by what you had to give up in order to get it

19. Approach love and cooking with reckless abandon