

Top Tips 4 a better Life ✨

- 1- Take a 10 minute walk everyday ♥ Smile
- 2- Sit in silence for at least 5 minutes!!
- 3- Sleep for 7 hours. 4- Live with Energy, Enthusiasm, and Empathy! Xpree!!!
- 5- Play more Games.
- 6- Read more Books
- 7- Practise Meditation, Yoga and Pray
- 8- Spend time with the To plus and minus of others & things
- 9- Dream while you are awake
- 10- Eat foods that grow
- 11- Drink Water HOT
- 12- Make 3 people smile a Day
- 13- Don't waste precious energy on Gossip
- 14- Forget past issues
- 15- Don't have negative thoughts. Stay present. It's all about the Now!
- 16- Life is a school, Learn
- 17- Eat Breakfast like a King, Lunch like a Prince and Dinner like a Beggar
- 18- Smile and Laugh
- 19- Don't hate others ♥
- 20- Don't take yourself or anyone else too seriously
- 21- Agree to Disagree
- 22- Make Peace with your Past!!!
- 23- Don't compare your path to others
- 24- No one, except you is in charge of your happiness.
- 25- Forgive everyone for everything.
- 26- What others think of you is none of your business!
- 27- However good or bad a situation is it WILL change
- 28- Your job won't take care of you when you are sick. Stay healthy touch with friends
- 29- Get rid of anything that isn't useful, beautiful or joyful
- 30- Envy is a waste of time you have everything you need!
- 31- The best is yet to come.
- 32- No matter how you feel. Get up, Dress up and Show up!
- 33- Do the right thing
- 34- Call your family often
- 35- Your inner most is always Happy so be happy
- 36- Each day give something good to others
- 37- Don't overdo it, Know your limits
- 38- Share all this with someone!

FAREWELL

Welcome to our final bow. The scribbling above is a note a homeless man gave to Creed McTeggart, who we profiled in this issue, that changed his life. It seemed a fitting sentiment, as TransWorld SURF has left our own mark on readers, and the sport of surfing. The cover flap on the first issue said "Question traditional thinking." Here's to 14 years of doing exactly that, and so much more.

