

Top Ten Tips
for a Better Life

1 You _____ sleep for eight hours every night.

2 You _____ use your phone before going to bed.

3 You _____ drink a lot of coffee.

4 You _____ do exercise like yoga every day.

5 You _____ smoke.

6 You _____ drink 10 glasses of water a day.

7 You _____ smile and be nice to other people.

8 You _____ take a break when you get tired at work.

9 You _____ go on vacation more often.

10 You _____ eat a lot of junk food like pizza and chips.

LIVEWORKSHEETS