



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.