

Being Better Humans

#JustBeABetterHuman

BeingBetterHumans.com



Something as simple as a smile can change an entire day. *Practice smiling more!*
Smile at family, friends, co-workers, and strangers. It will change the way both of you feel at the moment and that simple act just might even set the tone for someone's day!

TAKE WHAT YOU NEED

Nobody is Perfect

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Learn Something New

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Simplicity=Less Stress

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Reconnect with Nature

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Eat Properly

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Me -Time

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No Worries

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Nurture Positive Thoughts

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Embrace Failures

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Show Compassion

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Forgive

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Gratitude Always

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Smile Often

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