

Dear younger me

Here are tips for a healthy and content life:

- Try and listen to instructions
- Your parents really do know you and will love you no matter what
 - Be kind and caring
- Appreciate your parents; one day you will see them as friends
- Don't give up; learn from failings/mistakes, get up and try again
- Don't be bitter or hold a grudge. Forgive and move on
 - Get to enjoy exercise and sport
- Don't worry about what other people have. Possessions come and go but people cannot be replaced. Think more about others
- Everyone has different strengths. Find out what you are good at and be proud of that. Accept yourself for who you are. Don't focus on the negatives or what you are not so good at
- Don't expect something for nothing. Work hard
 - Travel whenever you can
 - Choose your friends wisely