

Treat everyone as you would like to be treated  
Watch a sunrise at least once a year  
Sing in the shower  
Never refuse an inexperienced cook's experimental offering  
Strive to be good but not necessarily perfect  
Plant a tree on your birthday  
Learn three new clean jokes  
Leave the toilet seat in the down position  
Return borrowed vehicles with the tank full  
Compliment three people every day  
Never waste an opportunity to tell someone you love them  
Leave everything as you found it  
Keep everything simple  
Think big thoughts but relish small pleasures  
Become the most positive and enthusiastic person you know  
Floss your teeth  
Ask for a raise when you've earned it  
Be forgiving of yourself and others  
Over-tip  
Say "thank you" and "Please" a lot  
Avoid negative people  
Buy from kid's card table sales in front gardens  
Remember other people's birthdays  
Commit yourself to constant improvement  
Carry jump cables in your boot  
Have a firm handshake  
Praise people  
Look people in the eye  
Be the first to say Hello  
Use the good china  
Return all the things you borrow  
Make new friends but cherish old ones  
Keep secrets  
Sing in the choir  
Keep a dog  
Always accept an outstretched hand  
Stop blaming others  
Take responsibility for every area of your life  
Don't expect life to be fair  
Wave at kids on school buses  
Be there when people need you  
Never underestimate the power of love  
Drink champagne for no reason at all  
Live life as an exclamation not an explanation  
Don't be afraid to say I made a mistake  
Compliment even small improvements  
Keep your promises no matter  
what  
Marry only for love  
Rekindle old friendships  
Count your blessings  
Call your mother