

Good Habits for Success

Seven Days Builds A Good Habit
Fifty-two Weeks Makes A New Person

Heart Changes Thought Changes
Thought Changes Habit Changes
Habit Changes Aptitude Changes
Aptitude Changes Life Changes
Life Changes Leads to Success

Good Habits

No. 1. Smile to Yourself Everyday

“Son, if you don’t like yourself, how could you expect anybody else to like you? “ — A. Carnegie

No 2. Wash Face with Cold Water Everyday

Cold water for face and warm water for feet will be as good as medicine ◦

— Proverb

No. 3 Change Tooth Brush in Two Months

A tooth brush not changed in two months is dirtier than socks not changed in two months ◦ - Dentist S.

No. 4 Drink Eight Cups of Water Everyday

Eight cups of water (2000CC) will keep you healthy and look fresh ◦ — Anonymous

No. 5 Comb Hair for Five Minutes Everyday

To comb hair helps a good sleep ◦

— Chinese Poet, Su Don-Po

No. 6 Retire Early and Get up Early

11 PM - 1 AM: Liver works, rest; 7 AM – 9 AM:
Stomach works, breakfast ◦ - Proverb

No. 7 Ten-minute Deep Breathing Everyday

Five minutes of Tai Chi breathing twice a day keep
you away from medicine ! - Chinese Kung Fu

No. 8 Inspect Once More after Door Locked

To do it may not be rewarded, but not to do it may
be punished ◦ - Abraham Lincoln

No. 9 Exercise Anytime and Anywhere

Opportunities to exercise will be everywhere if you are determined. - Robert Rockefeller

No. 10 Well Use Time between 7 PM and 10 PM

To know what a person can achieve, just find out what he normally does between 7 PM and 10 PM ? —Japanese

No. 11 Take 10 Minutes Break for One Hour of Reading or Computer

Protect your eyes as much as you protect life ◦
— M.D.

No. 12 Do Not Touch Anything Belonging to Others

“Don’t touch my stuff, which may kill you.”

— A. Nobel

No. 13 Put It Back After Use

“Don’t ask me where your shoes are, because they are no longer where I placed them.” — Mrs. A. Carnegie

No. 14 Eat to 70% Full For Each Meal

A meal 70% full keeps you healthy; 30% reserve keeps you young ° — Proverb

No. 15 Three Halves of Minute and Three Halves of Hour

Before getting up in the morning, lie for a half of minute, exercise hands and feet for a half of minute, and sit up for another half of minute; then, exercise for one half of an hour, take a nap for one half of an hour at noon, and walk for another half of an hour in the evening.

- Scientist

No. 16 Brush Teeth After Half of an Hour Following Meals

After half of an hour from meals, protective calcium and phosphorus due to chewing will return back to teeth ° - German Dentist

No. 17 Inform your Spouse When not Returning Home

“ Don't you know how I worry when you are not returning home and do not call ? “
— A wife

No. 18 Stop working One Hour Before Sleeping

Before a war, seriously prepare fighting; before sleeping, seriously prepare sleeping ◦ - Napoleon

No. 19 Softly Rub Abdomen

Before and after sleep, place left hand on right hand to rub abdomen clockwise 50 times and counterclockwise 50 times
◦ - Proverb

No. 20 Sleep Sideway Facing Right

Sleep sideway facing right to protect heart ◦
- Proverb

No. 21 Call A Good Friend When Distressed

To share happiness with a friend, you receive twice happiness; to talk with a friend of the distressed, you have it half-relieved ◦ - Pagan

No. 22 When Rest is Needed, Take A Day Off

One is tired if not rest when it is need.

- Psychologist



有花皆入畫，無樹不參天

THE END