

2022 Live Simple

Day 1	1/1	<i>this year let's focus on simplicity, find love not war</i>
Day 2	1/2	<i>smiles brighten the world</i>
Day 3	1/3	<i>listen to the rain</i>
Day 4	1/4	<i>don't go beyond your needs</i>
Day 5	1/5	<i>stop wasting time</i>
Day 6	1/6	<i>take a deep breath</i>
Day 7	1/7	<i>stop competing with others</i>
Day 8	1/8	<i>eat to live not live to eat</i>
Day 9	1/9	<i>exercise move your body daily</i>
Day 10	1/10	<i>love all the animals</i>
Day 11	1/11	<i>speak the truth</i>
Day 12	1/12	<i>pray everyday</i>
Day 13	1/13	<i>go for a walk</i>
Day 14	1/14	<i>yoga everyday</i>
Day 15	1/15	<i>be in nature</i>
Day 16	1/16	<i>remove complications</i>
Day 17	1/17	<i>practice non-violence in thought word & deed</i>
Day 18	1/18	<i>believe in love</i>
Day 19	1/19	<i>see everyone as one</i>
Day 20	1/20	<i>find good in everything</i>
Day 21	1/21	<i>cook your own food</i>
Day 22	1/22	<i>you are enough</i>
Day 23	1/23	<i>smiles change the world</i>
Day 24	1/24	<i>wake up early in gratitude</i>
Day 25	1/25	<i>stop complaining</i>
Day 26	1/26	<i>be of service to all</i>
Day 27	1/27	<i>self care is the best health care</i>
Day 28	1/28	<i>be happy it's your choice</i>
Day 29	1/29	<i>watch the sun rise</i>
Day 30	1/30	<i>gaze at the moon</i>
Day 31	1/31	<i>pray first thing in the morning</i>
Day 32	2/1	<i>talk to God before you sleep</i>
Day 33	2/2	<i>rise early in gratitude</i>
Day 34	2/3	<i>embrace pain as a test to learn</i>
Day 35	2/4	<i>walk in the rain</i>
Day 36	2/5	<i>let go of the past</i>
Day 37	2/6	<i>you can't predict the future</i>
Day 38	2/7	<i>be in the present moment</i>
Day 39	2/8	<i>meditate daily</i>
Day 40	2/9	<i>spend time in silence</i>
Day 41	2/10	<i>study the scriptures</i>
Day 42	2/11	<i>move your body daily, yoga dance walk</i>
Day 43	2/12	<i>always speak the truth</i>
Day 44	2/13	<i>thoughts are powerful be positive</i>
Day 45	2/14	<i>show love everyday</i>
Day 46	2/15	<i>be your True Self</i>
Day 47	2/16	<i>be content where you are</i>
Day 48	2/17	<i>age is just a number</i>
Day 49	2/18	<i>always find a reason to smile</i>
Day 50	2/19	<i>find joy in everything</i>
Day 51	2/20	<i>learn something new everyday</i>
Day 52	2/21	<i>sing mantra</i>
Day 53	2/22	<i>wake up early it's a new day</i>
Day 54	2/23	<i>you control your mind not the world</i>
Day 55	2/24	<i>let go of things you can't control</i>
Day 56	2/25	<i>eat healthy food so you can feel healthy</i>
Day 57	2/26	<i>share peace in prayers for the suffering</i>
Day 58	2/27	<i>choose love not hate</i>
Day 59	2/28	<i>remain calm & steady in all things</i>
Day 60	3/1	<i>love everyone serve everyone</i>
Day 61	3/2	<i>don't go beyond your needs</i>
Day 62	3/3	<i>change your perspective see good in all</i>
Day 63	3/4	<i>learn something new everyday</i>
Day 64	3/5	<i>don't hold onto anger it's toxic</i>
Day 65	3/6	<i>exercise daily to enhance your health</i>
Day 66	3/7	<i>spend time in nature daily</i>
Day 67	3/8	<i>spend time changing the world stop wasting time</i>
Day 68	3/9	<i>slow down and breathe</i>

Day 69	3/10	<i>show compassion for all beings</i>
Day 70	3/11	<i>keep your home uncluttered to keep your mind uncluttered</i>
Day 71	3/12	<i>remain calm & steady with every situation</i>
Day 72	3/13	<i>you can't control other people</i>
Day 73	3/14	<i>stay positive by changing your perspective</i>
Day 74	3/15	<i>wake up & go to bed same time daily</i>
Day 75	3/16	<i>be content with what you have and where you are</i>
Day 76	3/17	<i>thoughts are powerful so think positive</i>
Day 77	3/18	<i>just breathe deeply</i>
Day 78	3/19	<i>stay away from negativity</i>
Day 79	3/20	<i>treasures are everywhere just look</i>
Day 80	3/21	<i>be happy for others not jealous or envious</i>
Day 81	3/22	<i>never stop learning how to do new things</i>
Day 82	3/23	<i>bring joy to the world with just a smile</i>
Day 83	3/24	<i>listen to thunderstorms the calm of rain</i>
Day 84	3/25	<i>help people not hurt them</i>
Day 85	3/26	<i>serve others it will humble you</i>
Day 86	3/27	<i>spring clean your mind & home of clutter</i>
Day 87	3/28	<i>eat healthy food to fuel your body not junk to kill it</i>
Day 88	3/29	<i>rise above and do what's right</i>
Day 89	3/30	<i>faith & fear don't work together</i>
Day 90	3/31	<i>there's no place for violence</i>
Day 91	4/1	<i>watch nature it will teach you a lot</i>
Day 92	4/2	<i>find ways to help others everyday</i>
Day 93	4/3	<i>sing mantra to calm the mind</i>
Day 94	4/4	<i>movement is the key to supreme health</i>
Day 95	4/5	<i>stop worrying what others think of you</i>
Day 96	4/6	<i>go outside and admire spring flowers</i>
Day 97	4/7	<i>be in stillness to find calm</i>
Day 98	4/8	<i>feeding others is a tremendous gift</i>
Day 99	4/9	<i>your mind/ego is not your friend</i>
Day 100	4/10	<i>slow down stop rushing life is too short</i>
Day 101	4/11	<i>age brings wisdom so use it wisely</i>
Day 102	4/12	<i>meditation helps you see things clearly</i>
Day 103	4/13	<i>don't hold grudges you'll suffer more</i>
Day 104	4/14	<i>allow the mind to walk steadily not run a race</i>
Day 105	4/15	<i>leave situations better than you found them</i>
Day 106	4/16	<i>faith & fear don't work together</i>
Day 107	4/17	<i>rise above all negativity</i>
Day 108	4/18	<i>meditation comes in different forms to still the mind</i>
Day 109	4/19	<i>home is found deep in your heart</i>
Day 110	4/20	<i>love everyone the same, equally & unconditionally</i>
Day 111	4/21	<i>eat to live not live to eat</i>
Day 112	4/22	<i>serve others it will humble you</i>
Day 113	4/23	<i>love the earth with respect & kindness</i>
Day 114	4/24	<i>put your hands in the earth it uplifts you</i>
Day 115	4/25	<i>nourish friendships so they last a lifetime</i>
Day 116	4/26	<i>you control your mind no one else does</i>
Day 117	4/27	<i>meditate on the strength of elephants to find your strength</i>
Day 118	4/28	<i>be steady and calm in every situation</i>
Day 119	4/29	<i>you can't control others just yourself</i>
Day 120	4/30	<i>listen from within your instincts know the way</i>
Day 121	5/1	<i>plant a tree, flowers or love it's great therapy</i>
Day 122	5/2	<i>children are our greatest gift</i>
Day 123	5/3	<i>today is a new day use it wisely</i>
Day 124	5/4	<i>the real guru dwells within your spiritual heart</i>
Day 125	5/5	<i>show compassion for all beings</i>
Day 126	5/6	<i>remember things you've survived in the past to find strength</i>
Day 127	5/7	<i>change starts in your mind</i>
Day 128	5/8	<i>everyone is a divine mother by loving & caring for all</i>
Day 129	5/9	<i>exercise everyday for supreme health</i>
Day 130	5/10	<i>wake up early be grateful for a new day</i>
Day 131	5/11	<i>practicing meditation helps with everything in life</i>
Day 132	5/12	<i>stop procrastinating and fulfill your desires</i>
Day 133	5/13	<i>everything is a blessing even the hard stuff</i>
Day 134	5/14	<i>when you make a commitment stick to it</i>
Day 135	5/15	<i>share your blessings with everyone</i>
Day 136	5/16	<i>practice pranayama daily</i>
Day 137	5/17	<i>practice forgiveness it will free you</i>

Day 138	5/18	wake up start each day positive & happy
Day 139	5/19	sing mantra it's calming and helps the world
Day 140	5/20	life is a precious gift don't waste it
Day 141	5/21	self care is the best healthcare
Day 142	5/22	helping others changes the world and changes you
Day 143	5/23	find peace and you'll find contentment
Day 144	5/24	treat people better than they treat you
Day 145	5/25	rise above all negativity & hate, remain calm
Day 146	5/26	plant seeds of love and watch it grow
Day 147	5/27	your home is in your heart
Day 148	5/28	human birth is a precious gift, respect it
Day 149	5/29	love finds you when you share your love
Day 150	5/30	stop wasting time it's so precious
Day 151	5/31	eat to live not live to eat
Day 152	6/1	take long deep breaths to calm
Day 153	6/2	change your perspective to see the good in all
Day 154	6/3	feed the needy with love it will feed you
Day 155	6/4	you are the best one to help yourself
Day 156	6/5	love always wins not hate
Day 157	6/6	slow down and breathe no need to be in a rush
Day 158	6/7	meditation is a great way to obtain clarity
Day 159	6/8	honor your commitments
Day 160	6/9	have faith it keeps you calm
Day 161	6/10	be grateful for every experience it teaches you strength
Day 162	6/11	be patient with yourself
Day 163	6/12	never be afraid to help people
Day 164	6/13	practice Ahimsa non-harming towards yourself & others
Day 165	6/14	be in the moment stop rushing into the future
Day 166	6/15	be happy it's your choice
Day 167	6/16	accomplish a lot of peace in your world
Day 168	6/17	change your perspective it will change you
Day 169	6/18	revenge serves no purpose rise above
Day 170	6/19	fathers are love and represent strength
Day 171	6/20	freedom first starts in the mind
Day 172	6/21	where you find love you find peace
Day 173	6/22	stop being your worst enemy be kind to yourself
Day 174	6/23	stand tall even when the world is trying to knock you down
Day 175	6/24	slow down and take care of yourself
Day 176	6/25	when things are out of control go within where all is perfect
Day 177	6/26	support all, love all, respect all
Day 178	6/27	go for a walk daily in nature to clear your mind
Day 179	6/28	concentrate in your heart, it's your home
Day 180	6/29	faith and fear don't work together
Day 181	6/30	serve food to others it's the greatest gift
Day 182	7/1	the greatest gift is unconditional love
Day 183	7/2	it's ok to be quiet and be in silence
Day 184	7/3	stop fighting against each other fight for each other
Day 185	7/4	independence starts within being strong in who you are
Day 186	7/5	resting is as important as good food
Day 187	7/6	find your purpose and serve it daily
Day 188	7/7	be at peace so others will follow
Day 189	7/8	stop rushing smell a flower, listen to the rain, walk barefoot enjoy simple
Day 190	7/9	treat each day as a new beginning and love it
Day 191	7/10	be in nature and feel the calm
Day 192	7/11	be patient with others and especially yourself
Day 193	7/12	perspective is everything see things in a positive light
Day 194	7/13	honor the guru that dwells within the cave of your heart
Day 195	7/14	be free of negativity by finding what's good in everything
Day 196	7/15	love exactly who you are today
Day 197	7/16	treat everyday like the weekend enjoy your work and play
Day 198	7/17	help someone everyday
Day 199	7/18	nurture your friendships with respect and love
Day 200	7/19	get up early enjoy the world quiet
Day 201	7/20	look for beauty it's everywhere
Day 202	7/21	stop forcing things let it naturally happen
Day 203	7/22	see people from the inside not just the outside
Day 204	7/23	change is good it's a new lesson in life
Day 205	7/24	love makes the world a better place
Day 206	7/25	move your body everyday for supreme health

Day 207	7/26	<i>believe in yourself so you can accomplish anything</i>
Day 208	7/27	<i>happiness is your choice</i>
Day 209	7/28	<i>don't hold grudges forgive and move on</i>
Day 210	7/29	<i>spend time with children & elders you can learn so much</i>
Day 211	7/30	<i>fuel your body with good food fuel your mind with positivity</i>
Day 212	7/31	<i>live your own dharma</i>
Day 213	8/1	<i>treat all beings with respect kindness and love</i>
Day 214	8/2	<i>trust your gut feelings it's your intuition of knowing what to do</i>
Day 215	8/3	<i>believe in what's good instead of finding what's wrong</i>
Day 216	8/4	<i>each day is a gift cherish it don't waste it</i>
Day 217	8/5	<i>watch nature and learn from the best</i>
Day 218	8/6	<i>move your body daily-walk, dance, yoga-stay happy & healthy</i>
Day 219	8/7	<i>rise and shine and let your light enhance the world with love</i>
Day 220	8/8	<i>serve your purpose by helping others</i>
Day 221	8/9	<i>clear your mind by being in stillness</i>
Day 222	8/10	<i>faith will conquer fear worry and doubt just believe</i>
Day 223	8/11	<i>if you make a mistake forgive yourself it will make you stronger</i>
Day 224	8/12	<i>listen to rain to calm the mind</i>
Day 225	8/13	<i>be kind be humble be loving to everyone</i>
Day 226	8/14	<i>helping others helps you</i>
Day 227	8/15	<i>watch your thoughts they land exactly where intended</i>
Day 228	8/16	<i>never allow anyone to take your peace it's your choice</i>
Day 229	8/17	<i>find love in your heart to share with others</i>
Day 230	8/18	<i>sing to keep your heart happy and bring joy to the world</i>
Day 231	8/19	<i>treat each day as the same glorious blessing no matter the day</i>
Day 232	8/20	<i>leave a situation better than you found it</i>
Day 233	8/21	<i>cherish each day likes it's your last day with love and joy</i>
Day 234	8/22	<i>love animals just like humans they all serve a great purpose</i>
Day 235	8/23	<i>every life is a miracle respect and cherish it</i>
Day 236	8/24	<i>move your body daily for supreme health</i>
Day 237	8/25	<i>see the world as something spectacular by changing your perspective</i>
Day 238	8/26	<i>let go of the thoughts of revenge to stop suffering</i>
Day 239	8/27	<i>human birth is such a tremendous beautiful gift</i>
Day 240	8/28	<i>your thoughts can become your reality think positive</i>
Day 241	8/29	<i>love everyone even your enemies</i>
Day 242	8/30	<i>be still and find peace and calm</i>
Day 243	8/31	<i>let it go, just let it all go</i>
Day 244	9/1	<i>finding equanimity is a practice of seeing everything the same good & bad</i>
Day 245	9/2	<i>eat healthy food feel good eat bad food feel awful it's your choice</i>
Day 246	9/3	<i>where you find unconditional love you find peace</i>
Day 247	9/4	<i>watch nature and learn how to calm</i>
Day 248	9/5	<i>helping others helps you</i>
Day 249	9/6	<i>supreme health is your greatest wealth</i>
Day 250	9/7	<i>embrace & learn from people that are different than you it will change the world</i>
Day 251	9/8	<i>believe in what's good in all to keep your mind positive</i>
Day 252	9/9	<i>be truthful to yourself and others</i>
Day 253	9/10	<i>be in silence quietude is therapeutic</i>
Day 254	9/11	<i>love the animals the same as humans they all serve a purpose</i>
Day 255	9/12	<i>true freedom is a calm mind and pure contentment</i>
Day 256	9/13	<i>knowledge is power learn something new everyday</i>
Day 257	9/14	<i>be a rainbow in someone's cloudy day</i>
Day 258	9/15	<i>we're all the same inside just wearing different drag</i>
Day 259	9/16	<i>you can't control other people just your choices</i>
Day 260	9/17	<i>there's love in the air just breathe it in</i>
Day 261	9/18	<i>find love everywhere you go</i>
Day 262	9/19	<i>use your time wisely stop wasting it</i>
Day 263	9/20	<i>when you learn share your knowledge to serve others</i>
Day 264	9/21	<i>be your own caregiver then you're ready to serve others</i>
Day 265	9/22	<i>service work comes in different forms it all needs to be done to help</i>
Day 266	9/23	<i>where's your mind keep it fixed on positivity love and peace</i>
Day 267	9/24	<i>change your perspective and look at everything with positivity</i>
Day 268	9/25	<i>be here now in this moment embrace & love it</i>
Day 269	9/26	<i>be patient with others and especially yourself</i>
Day 270	9/27	<i>compassion is an action word practice it</i>
Day 271	9/28	<i>love all creatures they all serve a purpose</i>
Day 272	9/29	<i>serve your purpose with unconditional love and pure kindness</i>
Day 273	9/30	<i>love your job and it won't seem like work it will be joyful</i>
Day 274	10/1	<i>love is a powerful emotion use it wisely</i>
Day 275	10/2	<i>find all the strength you need from deep within</i>

Day 276	10/3	<i>why hate when you can love</i>
Day 277	10/4	<i>eat to live not live to eat</i>
Day 278	10/5	<i>sing dance laugh whatever makes your heart happy</i>
Day 279	10/6	<i>everything is perfect when you concentrate in your heart</i>
Day 280	10/7	<i>put your hands in the earth it's a great way to heal</i>
Day 281	10/8	<i>be at peace even in the chaos of the world</i>
Day 282	10/9	<i>eyes are the window to your soul see love & kindness</i>
Day 283	10/10	<i>grow your own food it's great therapy</i>
Day 284	10/11	<i>get fresh outdoor air in your lungs everyday to enhance your health</i>
Day 285	10/12	<i>fear & faith don't work together choose faith to keep your peace</i>
Day 286	10/13	<i>find peace and you'll find God</i>
Day 287	10/14	<i>use your life to make a difference in the world</i>
Day 288	10/15	<i>stop playing games with your life be serious and accomplish your goals</i>
Day 289	10/16	<i>take time to breathe deeply and let go everyday</i>
Day 290	10/17	<i>don't forget to love it's easy and helps everyone</i>
Day 291	10/18	<i>forgiveness can set you free</i>
Day 292	10/19	<i>feel love all around you from a calm heart</i>
Day 293	10/20	<i>when you learn you teach to help others</i>
Day 294	10/21	<i>retreat yourself into calm and quiet to restore & rejuvenate your soul</i>
Day 295	10/22	<i>be in the company of people who uplift you</i>
Day 296	10/23	<i>unconditional love practice it with everyone</i>
Day 297	10/24	<i>watch the birds, gaze at a lake, look at the sky all of nature are such beautiful gifts from God</i>
Day 298	10/25	<i>work can be joyful by changing your perspective</i>
Day 299	10/26	<i>if you make a mistake learn from it forgive yourself and move on</i>
Day 300	10/27	<i>help someone everyday it will help you</i>
Day 301	10/28	<i>be in the truth it will set you free</i>
Day 302	10/29	<i>each day is new each day is a gift don't waste it</i>
Day 303	10/30	<i>nothing can dime the light which shines from within you ~Maya Angelou</i>
Day 304	10/31	<i>never be afraid use faith to conquer fear</i>
Day 305	11/1	<i>surround yourself with positivity to uplift you</i>
Day 306	11/2	<i>there's always a reason to smile</i>
Day 307	11/3	<i>stand proud your life was meant to be full of value and importance</i>
Day 308	11/4	<i>love unconditionally with all your heart</i>
Day 309	11/5	<i>don't feed into negativity use your energy elsewhere</i>
Day 310	11/6	<i>survival skills come from lessons learned</i>
Day 311	11/7	<i>hate, it has caused a lot of problems in this world, but it has not solved one yet. ~Maya Angelou</i>
Day 312	11/8	<i>wake up it's a new day to accomplish whatever you can</i>
Day 313	11/9	<i>remain calm and steady no matter what's happening</i>
Day 314	11/10	<i>be happy it's your choice</i>
Day 315	11/11	<i>leave the past in the past today is a new day, a gift, use it wisely</i>
Day 316	11/12	<i>stop procrastinating and accomplish your goals</i>
Day 317	11/13	<i>move your body daily for supreme health</i>
Day 318	11/14	<i>learn something new everyday keeps the brain healthy</i>
Day 319	11/15	<i>never let anyone take your peace</i>
Day 320	11/16	<i>choose happy choose peace choose love</i>
Day 321	11/17	<i>humble yourself by helping those in need this will help you also</i>
Day 322	11/18	<i>freedom starts in your mind</i>
Day 323	11/19	<i>knowledge is power</i>
Day 324	11/20	<i>what you believe you become, think positive</i>
Day 325	11/21	<i>redefine what is important & needed to live to simplify your life</i>
Day 326	11/22	<i>create love not war in your life and your mind</i>
Day 327	11/23	<i>where you find love you find peace</i>
Day 328	11/24	<i>practice gratitude daily let it be your state of being</i>
Day 329	11/25	<i>treat everyday like a holiday full of joy and peace</i>
Day 330	11/26	<i>give love unconditionally</i>
Day 331	11/27	<i>share a meal with your loved ones it's such a wonderful gift</i>
Day 332	11/28	<i>trust your gut feelings it's your wise intuition</i>
Day 333	11/29	<i>see people from the inside beauty lies within</i>
Day 334	11/30	<i>love wins all battles</i>
Day 335	12/1	<i>crying is ok to release the pain but don't dwell in the sorrow</i>
Day 336	12/2	<i>eliminate what's toxic in your world - food, environment, people to bring peace</i>
Day 337	12/3	<i>music is beautiful therapy for your soul</i>
Day 338	12/4	<i>discover your purpose in life and serve it well</i>
Day 339	12/5	<i>we're all human beings treat everyone with the same respect</i>
Day 340	12/6	<i>believe in what's good in the world to keep your mind at peace</i>
Day 341	12/7	<i>freedom starts with a calm steady mind</i>
Day 342	12/8	<i>believe in yourself so you can accomplish anything you want</i>
Day 343	12/9	<i>service to others serves you</i>
Day 344	12/10	<i>kindness develops through compassion for all beings</i>

<i>Day 345</i>	<i>12/11</i>	<i>feed your soul with nutritious love and strength</i>
<i>Day 346</i>	<i>12/12</i>	<i>always rise above and stand supreme to all negativity</i>
<i>Day 347</i>	<i>12/13</i>	<i>move your body daily for supreme health</i>
<i>Day 348</i>	<i>12/14</i>	<i>practice forgiveness for yourself and others it will soften your heart</i>
<i>Day 349</i>	<i>12/15</i>	<i>peace is found by concentrating in your heart</i>
<i>Day 350</i>	<i>12/16</i>	<i>bring joy into the world with just a smile</i>
<i>Day 351</i>	<i>12/17</i>	<i>you are love you are light you are beautiful</i>
<i>Day 352</i>	<i>12/18</i>	<i>begin and end your day talking to God</i>
<i>Day 353</i>	<i>12/19</i>	<i>the days are long but the years are short stop wasting time</i>
<i>Day 354</i>	<i>12/20</i>	<i>slow down and breathe</i>
<i>Day 355</i>	<i>12/21</i>	<i>eat to live not live to eat</i>
<i>Day 356</i>	<i>12/22</i>	<i>know the difference between wants and needs</i>
<i>Day 357</i>	<i>12/23</i>	<i>warmth begins in your heart</i>
<i>Day 358</i>	<i>12/24</i>	<i>love is the greatest gift</i>
<i>Day 359</i>	<i>12/25</i>	<i>be the light in the world as Lord Jesus did bringing peace to all</i>
<i>Day 360</i>	<i>12/26</i>	<i>continue the peace of Christmas by sharing kindness and love</i>
<i>Day 361</i>	<i>12/27</i>	<i>be patient and the right thing will always happen</i>
<i>Day 362</i>	<i>12/28</i>	<i>see everyone as one and the same</i>
<i>Day 363</i>	<i>12/29</i>	<i>see the world like the first time falling in love, sweet and kind</i>
<i>Day 364</i>	<i>12/30</i>	<i>what you think you become, think positive</i>
<i>Day 365</i>	<i>12/31</i>	<i>end your new year with no regrets, move into the new year happy</i>