

e-Health: Live it up

Have you heard the expression "live large?" It means to live lavishly. But you know what? You don't have to be rich to live large. In fact, you can live it up every single day without spending an extra dime. Here's how.

Live in the moment

Spend as much of your time as possible savoring the present. Try to stop worrying about tomorrow and the next day. Enjoy who, what, and where you are right now.

Live with purpose

You don't have to save the world, but what goals can you help to achieve? Set personal, family, and work goals that are realistic and make you feel proud.

Live like every day is a special gift

Because you know what? It is! No one is promised tomorrow. So live each day with optimism, energy, and good intentions.

Live with thanks

When did you last watch the sun set? When was the last time you told someone close to you how much you appreciate him or her? These kinds of reflective pauses can make you very aware of the wonders of your own life.

Take time to be kind

Poet and writer Maya Angelou said, "People will forget what you did, but people will never forget how you made them feel."

Following these steps can help create a life of peace and satisfaction. Those are riches that money can't buy.

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