

# Daily Reminder of the Eight Key Practices Essential to a Happy, Fulfilled Life

\*(To refresh your memory of the details concerning each of these practices listen again to The 4/13/16 Couplespeak Relationship Forum podcast at [www.BlogtalkRadio.com/SusanLager](http://www.BlogtalkRadio.com/SusanLager))

- 1. Be grateful**
- 2. Be intentional**
- 3. Be kind**
- 4. Be responsible**
- 5. Cultivate mindfulness**
- 6. Lighten up**
- 7. Be expansive or creative**
- 8. Let go**