

# Don't Sweat the Small Stuff... and It's All Small Stuff

1. Don't Sweat the Small Stuff
2. Make-Peace with Imperfection
3. Let Go of the Idea that Gentle, Relaxed People Can't Be Superachievers
4. Be Aware of the Snowball Effect of Your Thinking
5. Develop Your Compassion
6. Remind Yourself that When You Die, Your "In Basket" Won't Be Empty
7. Don't Interrupt Others or Finish Their Sentences
8. Do Something Nice for Someone Else—and Don't Tell *Anyone* About It
9. Let Others Have the Glory
10. Learn to Live in the Present Moment
11. Imagine that Everyone Is Enlightened Except You
12. Let Others Be "Right" Most of the Time
13. Become More Patient
14. Create "Patience Practice Periods"
15. Be the First One to Act Loving or Reach Out
16. Ask Yourself the Question, "Will This Matter a Year from Now?"
17. Surrender to the Fact that Life Isn't Fair
18. Allow Yourself to Be Bored
19. Lower Your Tolerance to Stress
20. Once a Week, Write a Heartfelt Letter
21. Imagine Yourself at Your Own Funeral
22. Repeat to Yourself, "Life Isn't an Emergency"
23. Experiment with Your Back Burner
24. Spend a Moment Every Day Thinking of Someone to Thank
25. Smile at Strangers, Look into Their Eyes, and Say Hello
26. Set Aside Quiet Time, Every Day
27. Imagine the People in Your Life as Tiny Infants and as One-Hundred-Year-Old Adults
28. Seek First to Understand
29. Become a Better Listener
30. Choose Your Battles Wisely
31. Become Aware of Your Moods and Don't Allow Yourself to Be Fooled by the Low Ones
32. Life Is a Test. It Is Only a Test
33. Praise and Blame Are All the Same
34. Practice Random Acts of Kindness
35. Look Beyond Behavior
36. See the Innocence
37. Choose Being Kind over Being Right
38. Tell Three People (Today) How Much You Love Them
39. Practice Humility
40. When in Doubt about Whose Turn It Is to Take Out the Trash, Go Ahead and Take It Out
41. Avoid Weatherproofing
42. Spend a Moment, Every Day, Thinking of Someone to Love
43. Become an Anthropologist
44. Understand Separate Realities
45. Develop Your Own Helping Rituals
46. Every Day, Tell at Least One Person Something You Like, Admire, or Appreciate about Them
47. Argue for Your Limitations, and They're Yours
48. Remember that Everything Has God's Fingerprints on It
49. Resist the Urge to Criticize
50. Write Down Your Five Most Stubborn Positions and See if You Can Soften Them
51. Just for Fun, Agree with Criticism Directed Toward You (Then Watch It Go Away)
52. Search for the Grain of Truth in Other Opinions
53. See the Glass as Already Broken (and Everything Else Too)
54. Understand the Statement, "Wherever You Go, There You Are"
55. Breathe Before You Speak
56. Be Grateful when You're Feeling Good and Graceful when You're Feeling Bad
57. Become a Less Aggressive Driver
58. Relax
59. Adopt a Child Through the Mail
60. Turn Your Melodrama into a Mellow-Drama
61. Read Articles and Books with Entirely Different Points of View from Your Own and Try to Learn Something
62. Do One Thing at a Time
63. Count to Ten
64. Practice Being in the "Eye of the Storm"
65. Be Flexible with Changes in Your Plans
66. Think of What You Have Instead of What You Want
67. Practice Ignoring Your Negative Thoughts
68. Be Willing to Learn from Friends and Family
69. Be Happy Where You Are
70. Remember that You Become What You Practice Most
71. Quiet the Mind
72. Take Up Yoga
73. Make Service an Integral Part of Your Life
74. Do a Favor and Don't Ask For, or Expect, One in Return
75. Think of Your Problems as Potential Teachers
76. Get Comfortable Not Knowing
77. Acknowledge the Totality of Your Being
78. Cut Yourself Some Slack
79. Stop Blaming Others
80. Become an Early Riser
81. When Trying to Be Helpful, Focus on Little Things
82. Remember, One Hundred Years from Now, All New People
83. Lighten Up
84. Nurture a Plant
85. Transform Your Relationship to Your Problems
86. The Next Time You Find Yourself in an Argument, Rather than Defend Your Position, See if You Can See the Other Point of View First
87. Redefine a "Meaningful Accomplishment"
88. Listen to Your Feelings (They Are Trying to Tell You Something)
89. If Someone Throws You the Ball, You Don't Have to Catch It
90. One More Passing Show
91. Fill Your Life with Love
92. Realize the Power of Your Own Thoughts
93. Give Up on the Idea that "More Is Better"
94. Keep Asking Yourself, "What's Really Important?"
95. Trust Your Intuitive Heart
96. Be Open to "What Is"
97. Mind Your Own Business
98. Look for the Extraordinary in the Ordinary
99. Schedule Time for Your Inner Work
100. Live This Day as if It Were Your Last. It Might Be!