

## 21 Suggestions on How You Can “Be” In 2021

1. **Be Active.** Move your chi every day. Just walk.
2. **Be Adventurous.** I can't wait to trade my first-class luxury for third-class clarity and travel to the acupuncture point on the globe.
3. **Be Compassionate.** Find a way to serve something bigger than yourself. It will open your mind and your heart.
4. **Be Creative.** Perceive the world in new ways, find hidden patterns, and be innovative.
5. **Be Comfortable with death.** We have created societies that satisfy basic needs but eliminate recognizing death as a part of life. Learn your way around death and sadness.
6. **Be Courageous.** Everyone has dreams but very few people have the courage to pursue them.
7. **Be Expansive.** Don't hold on too tight to anyone, anything, or any idea.
8. **Be Flexible.** If you're selling water in the desert and it rains, stop selling water and sell umbrellas.
9. **Be Grateful** for everything that happens in your life, it's all a part of the human experience.
10. **Be Grounded.** Be the one in the storm that stands strong. Nothing pulls you off your center.
11. **Be Humble.** My father used to say people will wish you well, but not too well. Have enough self-esteem to just be humble.
12. **Be Joyful.** I feel happiness is an outside job, circumstances can make you happy, but joy is cultivated from within. So, no matter what you can be joyful.
13. **Be Limitless.** Live as if anything is possible because it is.
14. **Be Passionate** with whatever you do. Your passion will always point to your purpose.
15. **Be Present.** Whatever you are doing, learn to focus completely on doing that one thing.
16. **Be Still.** Just stop. This will get your mind to a stage when you stop reacting mindlessly.
17. **Be Truthful** mostly with yourself, which will allow you to be truthful to everyone around you.
18. **Be Vulnerable.** This will allow you to be open to change.
19. **Be You.**
20. **Be Love.**
21. **Be One.**