

Simple Life Tips

for High Schoolers & Everyone Else

by Jeff A. Klaus

2 | Simple Life Tips

“When you want something you have never had... you have got to do something you have never done.” Mike Murdock

Thank you to my incredible wife Mary who has encouraged me to do just that with this book.

Introduction

I have great parents and they taught me a lot while I lived at home, when I listened and they weren't being dumb. Sometimes we just don't like what our parents have to say, just because they are our parents. But parents eventually end up being pretty wise. The older you get this becomes more apparent. I am a father of 6 kids and in order to gain this great wisdom of life, I've gone to many seminars on all kinds of topics from money to marriage to how to raise kids and they have all been helpful to some degree or another, even if I just took away a couple of nuggets from each of them. Books are a major inspiration and have drastically influenced my life as well and I've read my share of them. Other major influences in my life are God, family, friends and even an old mentor/ former employer of mine. I enjoy his wisdom still today. He once said something to the affect that he would gladly pay \$80 for a book that could get him the life of experience, research and insight of the author.

So as my oldest daughter goes off to college and begins a new chapter in her own life, and as parents often do, I want to make sure she is successful at whatever she decides to do with her life after high school. I want to remind her of the importance of living a life that counts for something, one that is well guided and thought out and one that makes her happy for the rest of her life. I want her to enjoy life to the fullest and the freedoms it can afford. I took stock in what I have learned so far and what I have been sharing with all of my kids either through our lifestyle, talks on camping trips or on the back patio while just hanging out. My wife, Mary and I as parents haven't done everything right by any means but I am pleased by what we do. So I wrote some of them down for my daughter to be a constant guide when her mother and I can't be there. These simple tips are not difficult to follow and are a helpful start to life as a young adult. They are great for older adults too. Think of these ideas as coming from your cool friend's cool parents, the nice neighbors down the street or a wise family member. If you use even just a few of these tips, there is a great chance you will be a success and live in freedom for the rest of your lifetime.

Note: In order to be a great success in life and be free from the bondage that sometimes can be accepted either physically, mentally and emotionally, I believe everyone should have a personal library that helps influence and guide his life. It helps to keep one on the right track with inspiration and advice that is gleaned from books, movies, music, posters, sayings or even ideas jotted down on scratches of paper. Build your own library over time so that you can refer often to its guidance, concepts and information. If you can't own them yet, go to a bookstore and at least browse them for their insights. At the end of each section I have listed a few of these materials that I think are eventually worth owning. Collect them someday if you wish... For Your Own Library.

Table of Contents

Introduction	3
Section 1: Education and College Prep	6
High School	7
Financial Aid	8
Scholarships	8
College	9
Other Ideas	9
For Your Own Library	10
Section 2: Finances and Income	11
Money	12
Money Habits	13
Insurance	13
Income	14
For Your Own Library	16
Section 3: Health, Body and Good Food	17
Exercise	18
Body	19
Food	20
For Your Own Library	23

Section 4: Your Mind and Personal Growth	24
Mental Awareness	25
Knowledge/ Intellect	26
Mental Motivation	27
For Your Own Library	28
Section 5: Relationships	29
Relational Tips	30
For Your Own Library	33
Section 6: Spirituality	34
Spiritual Tips	35
For Your Own Library	38
Section 7: Bonuses	39
Transportation	40
Life	41
World/ Travel	42
For Your Own Library	43
About The Author	44
Note From The Author	44

Section 1: Education and College Prep

High School

1. When you begin high school start keeping track of all of your accomplishments, volunteer hours, awards, hobbies etc. You will need this when filling out college applications. Don't wait until the last minute as you might tend to forget what you have done over time.
2. Consider taking a writing class. It will help you on your college application as well as the rest of your life.
3. Learn to type properly. You will use this the rest of your life.
4. Take the PACT and the PSAT practice tests as often as you can (without getting burned out). Take the actual test no more than three times. Start this at the latest your junior year. You will need these test scores to be as high as possible for college entrance so take them often.
5. Always do your best in every subject. The higher your GPA, the better.
6. Take Advanced Placements classes if you can. Many times these count towards college credit.
7. Select your electives carefully. Make sure you enjoy them, but make them count.
8. Join after school clubs. You will meet new friends and this counts towards college entrance qualifications.
9. Volunteer while in school or while you are on breaks. School Office, summer camps, food kitchens and your parent's jobs are just a few.

Share this with those you love. www.jeffklaus.weebly.com

8 | Simple Life Tips

10. Get a tutor or meet your teachers after class if you are struggling in a particular class.
11. Ask to do extra credit even if it isn't offered. This will improve your grades and impress your teachers.
12. Keep a college folder that has additional folders titled: Accomplishments/ Awards, Colleges, Financial Aid, Grades/ Scores, Volunteer etc.

Financial Aid

13. Start researching your favorite colleges you would like to attend and get their 6 digit federal school code. You'll need these when your parents fill out the FAFSA.
14. Parents, fill out the FAFSA during their junior year. This is for financial aid should you choose to go down this path. www.fafsa.com
15. You will need a PIN #. This is for financial aid and is with you throughout your college career. www.pin.ed.gov

Scholarships

16. Apply for ANY and ALL scholarships your junior and senior year.
17. You do not have to be financially destitute to get scholarships.
18. Out of state colleges are definitely options now a days with scholarships.

Share this with those you love. www.jeffklaus.weebly.com

9 | Simple Life Tips

19. Google keywords like state agencies that administer government funded scholarship programs. This is for Federal and State monies.

Colleges

20. Fill out applications to colleges your Junior/ Senior year and ***know their due dates.***
21. Visit colleges on Spring Break of your Junior year. They will answer a ton of questions you will have.
22. Consider community colleges or trade schools in your city. They are considerably less expensive, you could live at home, save tons of money, get your basics out of the way and at least end up with an Associate's Degree within two years or less.
23. If college isn't for you, the military is always a great option. Your country can always use your talents.
24. Work on getting letters of recommendation from Principals, teachers, coaches, instructors and the organizations for which you volunteer.

Other Ideas

25. Memorize your social security number. Everything in college is based off of this guy.
26. If you don't have a laptop now, consider getting one versus a desktop for your studies.

27. You can take your laptop to class for notes amongst many other uses.

28. Make sure you back up everything such as docs, photos, music etc. on an external drive or better yet by companies like www.corbonite.com. If you have a major final and your computer with all of your notes is stolen or crashes, you're hosed.

For Your Own Library:

How to go to College for Almost Free by Ben Kaplan www.scholarshipcoach.com

The Complete Idiot's Guide to: Choosing a College Major by Randall S. Hansen
Ph. D.

The Ultimate Scholarship Book 2012 by Gen and Kelly Tanabe

101 Tips for Graduates: A Code of Conduct for Success and Happiness in Your
Professional Life by Susan Moren

Any ACT/ SAT test preparation guides

Section 2: Finances and Income

Money

1. Have a debit card/ checking account in the student's name. It is very useful and convenient for small allowable purchases. They can fill up the car with gas and make grocery store runs and still have it in their own name for identity verification.
2. Be sure to set a comfortable daily spending limit just in case it gets stolen as debit card purchases are not covered for these instances.
3. You can also attach a savings account that can act as an overdraft protection while earning some interest.
4. Credit Cards- students these days can get credit cards in their own name on their own pretty easily, especially when they get to college. **Be careful.** Make sure you are aware of how they work and have very strict rules. They can be helpful for certain purchases, help hold reservations like hotel rooms and flights for travel or for emergencies.
5. If you can't afford it, don't buy it on a credit card.
6. Never carry a credit card balance and always pay credit cards off every month. Paying interest is a huge waste of money.
7. Emergency cash- have a \$50-\$100 bill in your wallet at all times. Hide it away in a slot you don't use. This is to be used for EMERGENCIES ONLY!

Money Habits

8. Get in the habit now of saving 10% of everything you earn and try not to touch it. This can grow rather quickly and can end up eventually going toward emergencies, major purchases or retirement.
9. Get in the habit now of giving 10% of everything you earn.
10. You reap what you sow. It is a principle that works. This is something that is multiplied at a rate that compound interest can't hold a candle to, plus it's fun!
11. Pay with cash as often as you can.
12. Save your change in a jar and then put it in your savings account.

Insurance

13. Have insurance. It can save you a pile of money in case of accidents.
14. Car insurance- at a minimum have liability insurance.
15. If the car is valuable get collision insurance.
16. For students, an appropriate amount of coverage is \$15K bodily injury per person/\$30K bodily coverage per accident/\$10K property damage coverage.
17. Ask your insurance company for occasional driver classification if this makes sense for your family.

Share this with those you love. www.jeffklaus.weebly.com

14 | Simple Life Tips

18. Ask if your insurance company offers additional discounts for good grades and driver's education courses.
19. Renter Insurance- if you have belongings that are valuable and you want them protected, get it. It usually covers if you and your landlord get sued by someone who gets hurt in your place. It usually covers catastrophic events too for instance, if you need to live somewhere else while your place gets fixed or rebuilt.
20. Cell phone insurance- it's quite possible something eventually will happen to it.

Income

21. Money isn't everything, but is sure is nice to have when you need it.
22. Never pursue a career just for the money. You will burn out and have a hard time doing something else later in life.
23. Love what you do and you will be very good at it.
24. The goal is to get paid for what you love to do.
25. Sometimes you have to do what you don't like for a season to get what you do like for a life time.
26. Gifts, talents and desires are clues for your life's work.
27. What makes you angry is a clue for something for you to fix in this world.

Share this with those you love. www.jeffklaus.weebly.com

28. A worthy goal should be to have multiple streams of income and not just one job. You need to be multi-talented these days.
29. Consider having several muses or online businesses that you may not make an entire living off of just one of these but a great living off of several.
30. MLMs- Multi Level Marketing or Direct Marketing. These are great vehicles to earn good money fairly quickly by selling a product and by recruiting others to join your business and do the same.
31. Personal branding is important and sells you, even for finding jobs or creating your own form of web based income.
32. Websites are a must for just about anything if you are selling a particular product or yourself.
33. Blogs are a great way to get people involved with your ideas and share theirs as well.
34. Relational marketing, social media, Facebook, YouTube and Twitter are all excellent ways to share your ideas, talents, thoughts and do some serious marketing.

For Your Own Library:

The 4-Hour Work Week by Timothy Ferriss

Raising Your Child's Financial I.Q. by Robert T. Kiyosaki

Who Moved My Cheese? By Spencer Johnson, M.D.

Crush It by Gary Vaynerchuk

The Total Money Makeover by Dave Ramsey

The Road to Wealth by Suze Orman

Wealth, Riches and Money by Craig Hill and Earl Pitts

www.jeffk.bodybyvi.com

Section 3: Health, Body and Good Food

Exercise

1. Exercise at least 3 times a week for 20 minutes. You will feel great and have a better outlook on life and about yourself.
2. Take walks. You can do this daily. It's not strenuous and has countless benefits for your body and mind.
3. Take care of your feet.
4. Always buy good quality shoes.
5. Consider inserts or orthotics if your feet pronate. This will help your lower back to stay strong which you will appreciate when you are older.
6. Stretch, do yoga and/or pilates. This keeps you limber, helps to prevent injuries and helps to eliminate toxins.
7. Jump on a trampoline. It's great exercise and helps to drain your lymphatic system which helps to eliminate toxins.
8. You can get a mini tramp. They are about \$40 and up at sporting goods stores or check out Good Will or Craig's List. They are the perfect size for dorm rooms too.
9. Use exercise bands instead of weights. They travel better, are more natural to the body and cause less muscle damage.

10. Calisthenics can be done daily. Push-ups, sit-ups, core work, squats, jumping jacks or running in place. They work and are more natural for your body.
11. Drink lots of water a day, minimum 64 oz. a day. It keeps you hydrated as well as eliminates toxins and helps you to have clearer skin. Filtered water is best. Consider water filters like a Brita.
12. Do not drink unhealthy energy drinks.

Body

13. Brush your teeth at least twice a day, morning and night and sneak a lunch brushing in when you can. This prevents cavities, plaque build-up and future tooth and gum decay.
14. Floss everyday if possible or at least 3 times a week. This helps prevent possible tooth and gum decay.
15. Use a tongue scraper every day. Your tongue eliminates toxins and this is where you get bad breath. Consider the 2 handled metal kind that looks like a U.
16. Use a body brush every time just before you take a shower or bath. This helps to remove dead skin, gets your lymphatic system moving and eliminates toxins. You can get them from a bath and body store. Consider a cactus bristle brush.
17. Use a neti pot every morning. This cleans out your nostrils very well which reduces air born sicknesses and allergies. You can find these at health food stores.

18. Use organic or all natural soap, shampoo, tooth paste, makeup, lotion and oils etc. Non-organic products are loaded with toxic chemicals and can damage your skin, hair and body.
19. Take naps when you can. It gives your body time to rejuvenate and regenerate.
20. Use ear plugs to drown out noise when necessary, especially at loud music concerts. This will save your hearing well into your old age.
21. Know a good chiropractor. This can eliminate body problems that can cause other body problems.
22. Don't smoke or do drugs for obvious reasons. Follow these tips and your mind will be strong and you won't need them.

Food

23. Eat organic fruits and vegetables when you can. They contain no harmful chemicals.
24. If not organic, avoid these high pesticide foods: strawberries, bell peppers, spinach, cherries, peaches, cantaloupe, celery, apples, apricots and green beans
25. Eat these organic foods instead: broccoli, green beans, asparagus, lettuce, blue berries, oranges, nectarines and watermelon.
26. Eat free range fed beef, chickens and their eggs. No harmful chemicals here either.

27. Steam your vegetables as opposed to boiling them. This keeps the nutrients in the veggies instead of them leaking out into the boiled water.
28. Try not to go hungry between meals. Eat healthy snacks like fruits or nuts. This keeps your metabolism regular so you don't have spikes in your blood sugar.???
29. Invest in a good juicer and juice your vegetables. This allows more nutrients to be absorbed right away into your system instead of them having to be broken down in the stomach.
30. Find out your blood type and eat according to it. You can get a kit from a health food store for about \$10. This is one of the best ways to eat that I have found. Get the blood type book at the end of the chapter.
31. Eat slowly and enjoy the flavors of your food.
32. Chew your food until it is pulverized. 20-25 times per bite and 30 + for bites of meat. This helps your stomach digest the food much easier and quicker.
33. Consider doing internal cleanses several times a year including bowel, lymph, gall bladder, kidney and liver. This will give your organs and bowels a badly needed break every now and then from having to digest food.
34. Consider taking daily vitamins and supplements. The following are good and can't hurt you when you follow the labels: Vitamin C, multi-vitamin, protein shakes etc.

35. Consider taking a protein shake every morning within the first 30 minutes of waking up. The best ones usually contain non-GMO soy protein and are gluten and lactose free. They are great meal replacements and quick meals on the go, not to mention very inexpensive.
 36. When off to college for your first year, watch out for the "freshman 15". This is where most freshmen gain 15 pounds their first year because of poor eating habits.
 37. Go to Farmer's Markets to get the freshest fruits and vegetables. They are usually organic.
 38. Buy locally. The food is fresher and doesn't use as much environmental resources that cause damage to the earth (trucking, fuel, refrigeration etc.).
 39. Try farms that deliver to you. You won't have to have a large garden and you eat food that is in season and fresh.
 40. Eat foods that are in season. Foods out of season generally grown in large ???
 41. Watch Food Inc. DVD.
 42. Watch Supersize Me DVD.
- Consider consulting a doctor before following any information in this section.

For Your Own Library:

Eat Right 4 Your Type by Dr. Peter J. D'Adamo

Juice Fasting and Detoxification by Steve Meyerowitz

The Juicing Bible by Pat Crocker

Dr. Jensen's Guide to Better Bowel Care by Dr. Bernard Jensen

The Vitamin Bible by Earl Mindell

PACE: The 12-Minute Fitness Revolution by Al Sears M.D.

The Yoga Body Diet by Kristen Schultz Dollard and John Douillard, DC, Ph.D.

The Handbook of Ayurveda by Dr. Shantha Godagama

Section 4: Your Mind and Personal Growth

Mental Awareness

1. Make time daily to be creative. You will be happier, noticed and valued by others who appreciate this skill, not to mention being well balanced.
2. Meditate when you can. 20 minutes twice a day is optimal, but catching 5 minutes here and there is extremely therapeutic. You will become inspired and life will come together for you.
3. Keep a simple journal to keep track of your thoughts, ideas, feelings, prayers and successes. You can look through it months or years later and see how your life has progressed.
4. Reinterpret the past. There are no mistakes or wrong decisions. Go back and mentally see and fix these memories that may cause you turmoil.
5. Being out in the sun or nature for at least 10 minutes a day is really good for you mentally and for your skin.
6. Make positive confessions every day.
7. Being negative doesn't work.
8. Nor does being rude.
9. See yourself with what you want for yourself.

10. Like attracts like.
11. You have the power to become anything you want to be.
12. Where you are in life is a reflection of how you think.
13. Stress is a state of mind, not necessarily a reality.
14. Do not multi-task. Focus your being on one task at a time.

Knowledge/ Intellect

15. Read, read and read some more. It will help you to be well rounded, intelligent and give you something to talk about when others run out of things to say.
16. Do puzzles such as crossword puzzles, Sudoku, puzzles etc. These keep you thinking outside of the box.
17. Don't just listen to music. Sing or play an instrument if you can't sing.
18. Listen to new genres of music and go to live concerts and art shows etc. Support your local artists.
19. Try to solve riddles without cheating. Give yourself some time to figure them out.

20. When someone asks you a question, really think about it and give them your best answer.
21. Know at least one foreign language well. Most people in other countries know 3 or more.
22. Travel your face off- Go camping, take short 1-2 day or weekend trips. You can do this on the cheap. You'll expand your horizons, see what you are made of and realize there are a lot of really cool people and places that you never knew existed.
23. When in doubt...Muscle test. This is how you evaluate whether or not anything is good for your body. Go to www.goodhealthinfo.net on how to muscle test.

Mental Motivation

24. Have good habits- it has been said that it takes 21 days to form one...sometimes longer, but it is well worth it.
25. Work on correcting bad habits sooner than later.
26. Trust your gut instinct.
27. Take time to know yourself. Don't get into situations where a current weakness may fail you.
28. Jump into the situations that you are good at and where you know you will succeed.

29. Take chances.

30. Laugh at yourself and smile a lot.

31. List your five strengths and learn to increase them.

32. List your five weaknesses and learn to decrease them.

33. Learn to cook at least 3 meals really well. You'll enjoy it and impress others.

34. Learn to embrace silence.

For Your Own Library:

Getting in the Gap by Dr. Wayne Dyer

Law of Attraction by Michael J. Losier

The Secret by Rhonda Byrne

Oh the Places You'll Go by Dr. Seuss

Everyday Wisdom for Success by Dr. Wayne Dyer

Section 5: Relationships

Relationship Tips

1. Encourage 3 people a day and yourself in case they don't.
2. Learn the 5 love languages. You will understand people better and get along with those you care about. Everyone likes to be acknowledged in these five areas but one is usually the main desire of any individual.
3. Learn the personality types. Try the Myers-Briggs Type Indicator, Keinsey Temperament Sorter, The Big Five Personality Types and Motivational Appraisal of Personal Potential or MAPP.
4. Treat everyone the way you want to be treated.
5. Be respectful of others even if they are acting dumb. You've had bad days too.
6. Don't have sex until you're married. It will save you huge possible disasters, psychological turmoil and is well worth the wait.
7. Have a firm handshake.
8. Look into people's eyes when talking to them.
9. Give strong hugs.
10. When you go to someone's home for out of the ordinary occasions, bring a small gift, whatever it may be.

11. Try to see things from other's perspective.
12. Be thankful.
13. Put others first.
14. Call your parents often. They miss you.
15. Hang out with people who make you a better person.
16. Stay away from those who don't.
17. Offer to help others, especially moms with small children and older people.
18. Thank men and women in service positions like military, police, firemen, EMS and janitors.
19. Send texts, emails or cards to people to let them know you are thinking about them.
20. Be the first to say "Hello."
21. Don't go to bed angry. Try to work it out if you can. You will sleep better and have a much better relationship in the morning.

22. Silence cannot be misquoted.
23. Sometimes hanging out without having to talk is nice.
24. Be the first to apologize.
25. Not all relationships are meant to last forever. This can be good news.
26. Don't engage in an argument with foolish people. They will drag you down to their level and win most every time.
27. Honor your parents even if you don't agree with them on everything.
28. Play cards, checkers, backgammon, chess and other board games with people.
29. Give your full attention when someone is talking to you.
30. Whenever you can, accept when someone asks you to help them move. It will come back around to you later.
31. Never lend money to a friend unless you do not expect it back or you have agreeable terms up front.
32. If you borrow something, return it quickly with at least a thank you note.

33. Support your friends: go to their games, concerts and benefit dinners.

For Your Own Library:

The Five Love Languages by Gary Chapman

Wired That Way by Marita Littauer

Men Are From Mars, Women Are From Venus by John Gray

Relationships for Dummies by Dr. Kate M. Wachs

How to Win Friends and Influence People by Dale Carnegie

Section 6: Spirituality

Spiritual Tips

1. Forgive others. Doing so will ensure you are being good to yourself just as much as you are to them.
2. Pray for your family and friends as well as your enemies.
3. Understand the 10 Commandments.
4. Especially love your God and your neighbor as yourself. Love conquers all.
5. Share your love and stay away from religiosity.
6. Seek the truth and follow it at all costs.
7. Be.
8. Be gracious to yourself and others. Without grace we would all be in a mess.
9. Spend time building your faith as a foundation for who you are.
10. Be thankful for everything, “good and bad.” Many lessons are tied up in them both.
11. Read spiritual books as often as you can for guidance and insight.

12. Meditate and pray. This keeps you close to God and spiritually centered.
13. Believe you can and you will. The universe will make sure of it.
14. Visualize the outcome you want for any situation. It will eventually come to pass.
15. Fast for spiritual reasons. It's good for the mind, body and soul.
16. Praise and Worship daily. God loves to hear you sing your thankfulness.
17. PLUR- Peace Love Unity Respect. It's a great motto to live by.
18. Volunteer and serve often. Ask yourself and others "How can I help?" It is one of the main reasons you are on earth right now.
19. Energy is everywhere including within your body. Make sure you are aware of this and don't take negative actions that would inhibit a peaceful flow.
20. Journaling is a powerful spiritual tool. You can track your thoughts over time and writing things down tends to help make them happen.
21. Thoughts are crucial to success and failure. Pay attention to where you spend them. You will get what you think.
22. Know about other religions and respect them. We all can learn from different perspectives on God and life.

23. Embrace spirituality. It is your very core. Material things are short lived. Your spirit lasts forever.
24. Receive God's daily blessings. Don't void them with negativity.
25. Pain is a clue that something is wrong. Pay attention and get to the bottom of the issue as soon as possible whether it be spiritual, emotional or physical.
26. Say the Lord's Prayer everyday and think about the words as you say them.
27. Be in the present in everything you do at that moment. It makes it more enjoyable and real.
28. Live from your spirit and not your flesh. Your spirit is who you truly are.
29. Say this often. "I am as You have created me to be."
30. Use your words to build up and never tear down. They are very powerful and have life and death within them.
31. God is absolute truth. He is the I Am. Any thoughts other than love and abundance are not from Him and should be discarded immediately.
32. Everything God has is yours. Use it often and share it with others.

For Your Own Library:

The Bible by God

Being in Balance by Wayne Dyer

The Shift by Wayne Dyer

The Seven Spiritual Laws of Success by Deepak Chopra

Sit, Walk, Stand by Watchman Nee

Kingdom Principles by Myles Munroe

The Blessing by Gary Smalley & John Trent Ph.D.

Experiencing the Depths of Jesus Christ by Jeanne Guyon

Section 7: Bonuses

Transportation

1. If you own a car, change the oil every 3000 miles to ensure long engine life.
2. Know how to drive a stick shift. You never know when it will come in handy.
3. Know how to change a flat tire...before it goes flat.
4. Keep tire pressure accurate. This saves on gas mileage and excess tire wear.
5. Have an emergency kit in your car at all times.
6. Have a good pair of jumper cables in your trunk at all times.
7. Women put your purses in the trunk when you leave the car.
8. Put your MP3 players, ear buds, GPS and other power cords away and out of site. Burglars know that you put your gadgets in the console of your car when you leave the cords plugged in.
9. A general rule is to always buy 2 year old cars or older. They depreciate heavily as soon as you drive off the car lot. Doing this insures you still have a good quality car that is still within warranty.
10. Don't let anyone drive your car unless it is an emergency.

41 | Simple Life Tips

11. Have a tool box or bag with at least the following tools in it- hammer, flat and Philips screw drivers, utility knife, tape measure, socket set, crescent wrench, flash light, duct tape and WD-40. You can keep this in your car along with wet wipes or a towel.
12. Bike when you can, wear a helmet, have a good lock and use all of them.

Life

13. Be neat but you don't have to be perfect.
14. Be on time. It shows that you respect others.
15. Put things back right away when you are done with them. You and others will find what you are looking for right away. This will save a ton of frustration when you have a roommate or get married.
16. Buy quality but get it on sale- such as clothes, shoes and other personal items.
17. Always lock things up and hide them away when not in use.
18. Have a fireproof safe with valuables and your emergency money and valuable documents in it. Just hide it very well.
19. Have a good quality mattress and pillows. Restful sleep is essential.
20. Take lots of photos and videos. They'll bring you pleasure.

Share this with those you love. www.jeffklaus.weebly.com

21. Learn to swim if you don't know how. This could save your life and someone else's too.
22. Learn to dance if you don't know how. You will have a blast.
23. If a clerk gives you excess change, give it back right away.

World/ Travel

24. Recycle everything you can. The earth really needs your help.
25. Always conserve everything you can such as energy, gas, waste etc.
26. Grow your own garden. You don't need as much room as you think.
27. Simplify your life and get rid of clutter and other objects that weigh you down.
28. Donate the stuff you don't need.
29. You don't have to have the newest, latest and best of everything.
30. Respect other cultures and their traditions.
31. Tip at least 15% at restaurants and more if deserved.

For Your Own Library:

Life's Little Instruction Book by H. Jackson Brown, Jr.

The Making of a Champion by Mike Murdock

Vagabonding: An Uncommon Guide to the Art of Long-Term World Travel by Rolf Potts

ABOUT THE AUTHOR:

Jeff Klaus is the author of the Ebook **Simple Life Tips**, inspirational blogger of **Tips & Truths**, husband to 1 and father of 6.

He has inspired many with his simple approach to life, nutrition, health, finances, spirituality, awareness and everyday well being. Knowing who you are, finding, understanding and fulfilling your purpose in life is his passion. Jeff also truly enjoys making people connections to help make life easier and more fun. His blog **Tips & Truths** is a simple and easy way to incorporate helpful tips on being happy and fulfilled in all areas of life.

NOTE FROM THE AUTHOR:

A thousand thanks for reading this book. My hope is that you will begin implementing these tips when appropriate, start your own library and continue to use them for the rest of your life.

Feel free to recommend this book to all of those you love and care about. Email the website, post it on Facebook, Twitter it and host or link it on your own website if you like.

www.jeffklaus.weebly.com www.facebook.com/jeffaklaus

www.twitter.com/jeffaklaus www.linkedin.com/in/jeffaklaus

With my deepest appreciation and many blessings, tell me what this book does for you!

jeffaklaus@gmail.com