

5 Ways to Be Your Best Self

(Part 1)

Your Note:

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1. Be consistently compassionate. No one ever
bi kən'sistəntli kəm'pæʃənət noʊ wʌn 'evər
wished they had been less kind on the deathbed.
wiʃt ðei hæd bi:n les kaɪnd ɒn ðə 'deθ,bɛd
The most important thing you can do to live a
ðə moʊst ɪm'pɔ:tənt θɪŋ ju kæn du tu li:v ə
greater life is to act, speak and live from your heart.
'greɪtər laɪf ɪz tu ækt spi:k ænd li:v frɒm jʊər hɑ:rt
Only then will your universe change.
'oʊnli ðen wɪl jʊər 'ju:nə,vɜ:rs tʃeɪndʒ

2. Be humble. Live with what the Eastern sages call the beginner's mind. Remember that everyone
bi 'hʌmbəl li:v wið wɒt ði 'i:stərn 'seɪdʒɪz kɔ:l ðə bi'ɡɪnərz maɪnd. rɪ'membər ðæt 'evri,wʌn
who enters your life has a story to tell and a lesson to teach if you have the wisdom to be open to it.
hu 'entərz jʊər laɪf hæz ə 'stɔ:ri tu tel ænd ə 'lesən tu ti:tʃ ɪf ju hæv ðə 'wɪzdəm tu bi 'oʊpən tu ɪt
As Buddha once said, “When the student is ready, the teacher will appear.”
æz 'budə wʌns sed wɛn ðə 'stʊdənt ɪz 'reɪdi, ðə 'ti:tʃər wɪl ə'piə