

Formula for life

If you're looking for a quick list of ways to improve your physical and mental health, you could do worse than follow a list compiled by Bala Afshar, author of *The Pursuit of Social Business Excellence*, who works as “chief digital evangelist” for the Salesforce CRM organization.

His list looks like this:

- 1 Get more sleep
- 2 Find time to exercise
- 3 Drink more water
- 4 Eat less sugar
- 5 Stay teachable
- 6 Read and write more
- 7 Remove clutter
- 8 More random acts of kindness
- 9 Don't respond to negativity
- 10 Spend quality time with family
- 11 Laugh loudly
- 12 Forgive first