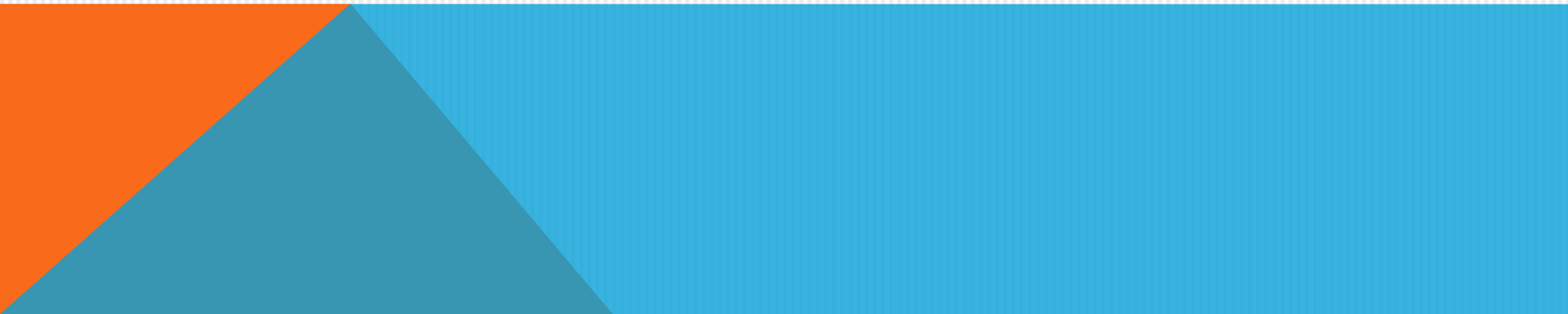


# **In Harmony with Myself**

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# **Five important things about me**



**The first important thing about me is healthy way of life.**

**Bad habits influence our lives. Smoking, drinking alcohol, taking drugs are the worst ones.**

**Smoking leads to a number of heart and lung diseases, makes your teeth yellow and you look unhealthy.**

**Drugs tend to lead drug users to early deaths.**

**All it can shorten our lives, so I don't smoke. I don't drink alcohol. I don't take drugs.**



**The second important thing about me is healthy diet.**

**A healthy diet helps maintain or improve overall health.**

**A healthy diet provides the body with essential nutrition.**

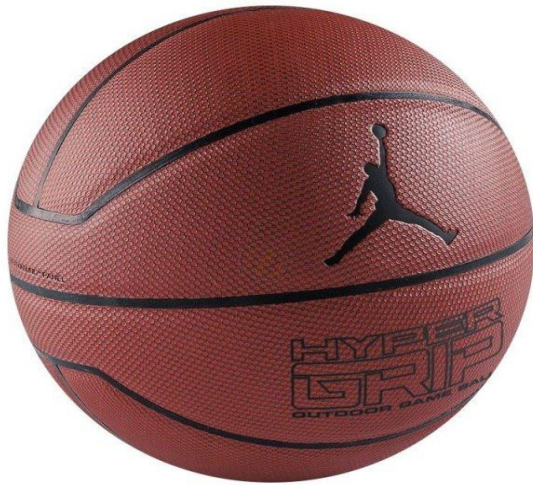
**Humans need to eat a lot of vegetables, fruits, meat, dairy products for their health. All It is important for me.**



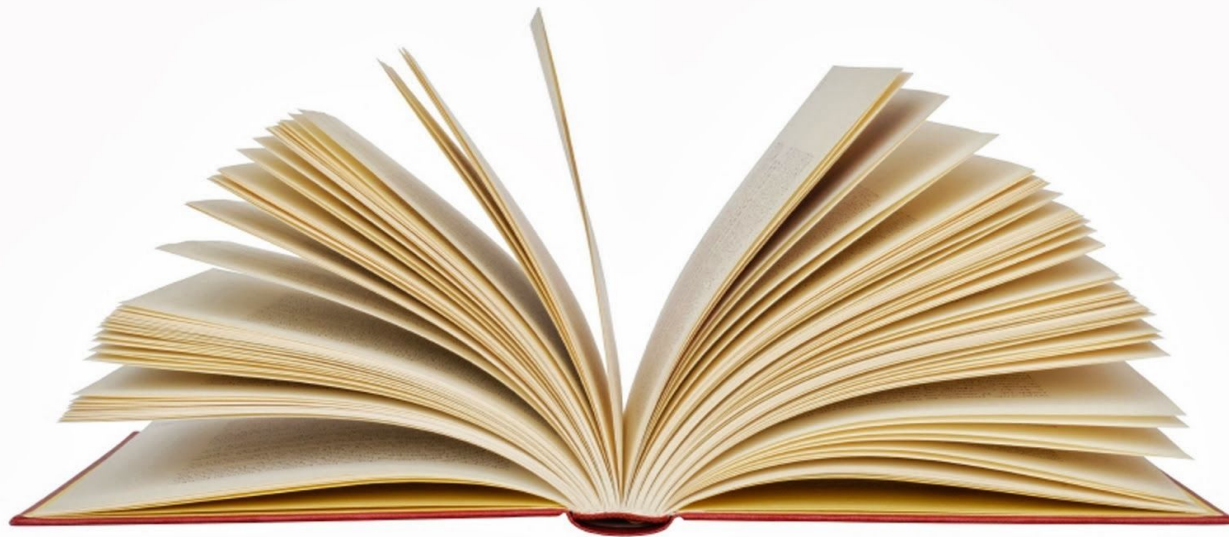
**The third important thing about me is doing sports.**

**Nowadays the popularity of sports is increasing.**

**I believe that physical activity has many advantages and brings us great benefit. It is the best way to do our life, health, mood and appearance much better.**



**The fourth important thing about me is reading books.  
Reading books makes me better.  
I need read books to increase my intellectual abilities  
and skills.**





**The fifth important thing about me is kindness.**  
**Kindness helps to feel happy.**  
**Kindness prolongs life.**



# **What I do to be my own best mate.**

**1) I must be kindness.**

**2) I must be good-natured.**

**3) I must be sociable.**

**4) I must be easy-going.**