

My guide to peace on
earth: **Belong to
each other**

Four Word Self Help

by Patti Digh

My guide to happiness:
**Stop all your
whining.**

@pattidigh

patti@pattidigh.com

www.37days.com

Is life really all that complicated?

What if we could solve all
our problems with just
four simple words?

I let loose on Twitter one afternoon after seeing yet another promo for a diet book. Do we need another diet book? Isn't there a simple formula for weight loss? I thought to myself.

And so, the first Four Word Self Help "book" was born: "Eat Less, Move More."

This is a compilation of all the Four Word Self Help mini-books I "published" on Twitter. I got a lot of messages asking for a compilation of the madness. I hope you'll enjoy, **and simplify.**

Social Media

My guide to social media:
Show Up. Be Real.

My guide to blogging:
Long to say
something.

My guide to community:
Gather 'round the
fire.

My guide to Twitter:
Jump in the stream.

Wellness

My guide to weight loss:
Eat less, move
more.

My guide to running a
half-marathon: Take
people with you.

My guide to eating well:
Know where food
grows.

My guide for being more
grounded: Go barefoot
more often.

My guide for getting to the
gym like you said you
would: Lace up and go.

Happiness & Joy

My guide to having more
joy in your life: Say yes
more often.

My guide to happiness:
Stop all your
whining.

My guide to being happy:
Be kinder than
necessary.

My guide to happy:
Laugh more than
needed.

My guide to a satisfying life: Create your own story.

Creativity

My guide to writing a book: Sit down and write.

My guide to great photography: See first, shoot later.

My guide to being more creative: Hang out with children.

Meaning

My guide to self-help:
Look inside for
answers.

My guide to a fulfilled life:

Know

love

matters

most.

Work

My guide to running a thriving nonprofit: **Live Beyond Your Mission.**

My guide to mentoring: **Learn from your protege.**

My guide to strategic planning: **Ask why, not how.**

My guide to paying attention when people come to my office with problems: **Turn off the screen.**

My guide to teamwork:
Always make good
offers.

My guide to committees
and task forces: Hold
meetings standing
up.

Diversity

My guide to inclusion:
Stop counting, start
including.

My guide to diversity
training: Don't
pretend it works.

My guide to diversity: See who's, Not what's.

Friendship

My guide to creating friendships: Build a common language

My guide to helping others: **Surprise them with presence.**

My guide to successful relationships: Just be fully human.

Parenting

My guide to parenting:
Learn from your
kids.

My guide to raising teens:
**Shut up and
listen.**

My guide to interacting
with kids of all ages:
Consider them fully
human.

Learning

My guide to learning:
Turn off the
television.

Community

My guide for community:
Look out for others.

My guide to living among
other humans: Always
assume positive
intent.

My guide to living in a
democracy: Vote or
shut up.

My guide to peace on
earth: **Belong to
each other**

Travel

My guide to packing:
Carry it with you.

My guide to air travel:
Seatmates are often
magical.

My guide to travel: **Tip**
the hotel maid.

My guide to driving:
Never beep, always
yield.

You, Yourself

My guide to decision-making: Listen to your gut.

My guide to adventure: Ignore the warning labels.

My guide to p*ssing me off: Tell me I can't.

Other Stuff

My guide to a cleaner house: Stop buying so much.

My guide for rainy days: Take walks in rain.

My guide to obsession: Find your Johnny Depp

My guide to gratitude: Write thank you notes.

My guide to car repair: Ride your bike often.

My guide to is to always

ask: **What**

would love

do?

Friendship

My guide for friendship:

Love your

tribe

deeply.

My guide to giving
speeches: Go as you
are.

My guide to responding to
hecklers: Let go the
rope.

My guide for stand-up
comedians: Tap a
common vein.

My guide to gardening and
life: Ten-cent plant,
Ten-dollar hole.

My guide
to
everything
else: **Do it
with love.**



Patti is the author of *Life is a Verb*, a book that already has a four-word

vibe and can be reduced to these four words: Live like you're dying. She's currently working on a new book, *Creative is a Verb*, which can be distilled to: Life's a Creative Act.