

Less

Talking
Television
Planning
Soda
"Being Connected"
Junk Food
Complaining
Excuses
Worrying
Doubting
Procrastinating
Frowning
Selfishness
Weakness
Ignorance
Ungratefulness
Of the World

More

Listening
Reading
Doing
Water
Putting the Phone Down
Fruits and Vegetables
Encouraging
Responsibility
Hoping
Believing
Achieving
Smiling
Giving
Confidence
Understanding
Thankfulness
of God