

**How to
nourish your
spirit**

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1. What is spiritual wellness?

Spiritual wellness is the foundation that connects you with everyone and everything in the world to help bring peace to yourself and others. Spiritual wellness helps you to stay focused on what is important in life and how to move forward to achieve it. Spiritual wellness is about learning and taking in what you believe is good and eliminating what is not working for you.

Without a strong spiritual foundation, you are more likely to get lost, because you would not have a clear direction to follow. As a result, you may have the tendency to be afraid of uncertainties and the future. When you are confused about where your life will take you, you may lose track of yourself, which could then decrease your spirituality. **However, as you nourish your spirit it will help you to get back to your true self and help increase your happiness and inner peace.**

What is Spiritual Wellness?

- Developing a purpose in life, values, morals, and ethics
- Having a belief system as a guide to follow
- Developing security in life
- Being able to experience love, joy, peace, and fulfillment
- Forgiveness
- Helping yourself and others to achieve their full potential

2. Live your life with purpose

In order to experience fulfillment in the things you do daily, it is important for you to have a strong purpose for doing them. It could also be called your

“Why.” Ask yourself, “Why am I doing what I am doing?”
“What is my purpose for this action?” “How do my decisions or actions relate to my happiness?” When you find the right purpose, fulfillment can manifest.

Everything you do in life can bring you happiness if you have the right purpose for doing it. For example, there are certain things that you might have to do in life to survive such as working, eating or exercising, that are not as enjoyable; but those things can bring you happiness and fulfillment if you find the right purpose for doing them. If not, those things will become like chores, which will not bring you fulfillment and happiness. Chores are things that you do without any real purpose because you believe you have to do them.

Whatever you decide to do, take some time to discover why and write down your purpose and reasons for your decisions and activities. The clearer your purpose or

reason is the more it will motivate you to take action. That will give you a sense of fulfillment and happiness.

3. Live in the present moment

Living in the present moment means you use and apply what you have and know in your life right now. If you wait until you have enough knowledge to take action, you will wait forever. It does not matter how much knowledge you might have at the moment; you will always have the fear that you will not have enough knowledge. In life, new things and ideas are discovered and developed every second; there will always be something better in the future that could prevent you from believing that you need to have more knowledge before you can get started.

When you are not applying what you already know in the present moment, you are living in the future, which

means you are not actually living at all. Let's take the invention of the laptop computer, for example. You know that newer and better laptops will be invented in the future. However, do you stop yourself from purchasing a current laptop in the present moment? Of course not. If you do not purchase what the market is selling at the moment, then you would not have a laptop computer to use. It just does not make any sense for you to deprive yourself from using a laptop that is currently available. If you decide to wait until a better version of the laptop is invented to purchase and use it, then you are putting your life on hold, which means you are living in the future.

Even though new and better knowledge will always be manifested in the future, you already have more than enough knowledge for you to live your life successfully in the present moment. When new and better knowledge manifests in the future, you can use it in the future.

4. Live a simple life

Living a simple life will bring you more happiness because you will worry less. When you worry less your stress level tends to be lower.

For example, when you have many things that you are afraid of losing, you would always have the worry and fear of losing your things. The stronger the fear, the more stress you would develop, and the unhappier you would become. However, if you live a simple life you are free to go do whatever you desire without the negative emotion of fear affecting you.

When you have many things in your life, your brain has to use mental energy to think and worry about those things, so you would have less mental energy to focus on the important things in life.

Living a simple life is not only about having less material things, but also about the things you do and the people who are in your life. For example, when you have too many people in your life you might not have enough time for everyone.

Or if you try to do too many things and believe that the more you do the more successful and happy you would become, you may discover that happiness is not about how many things you can do, but how successfully you can do something. For example, if you do a few things well they will bring you more happiness than trying to do too many things and not being successful in all of them.

5. Suffering and happiness

There is a thin line between suffering and happiness. **The things that bring us the most suffering**

can also bring us the most happiness when we know how to turn that suffering into happiness. For example, when you encounter a big problem, you may have to use a lot of your strength, knowledge and courage to overcome it. **As a result, when you overcome your problem you will gain twice as much strength, knowledge and courage in return.** What you use is what you will get more of in return. So do not neglect your problems or difficulties, because they are your joy and happiness at the end of the road.

6. Be who you are

Whenever you are being yourself it is an expression of your heart and soul, and that is your spirit taking action.

One effective way to help you be yourself is to learn to be proud of yourself, such as being proud of your strengths and talents, because no one else has them. Be proud that you have overcome so many life obstacles and are still here today, because there are many people who do not have the strengths and talents as you.

Every time you accomplish something be proud of your success, no matter how small it might be. The first way to acknowledge yourself is to say out loud on how proud of yourself you are that you have accomplished something, and give yourself a smile. The second way is to share your accomplishment with others, such as to your family and friends. You do not have to party to acknowledge your achievement; just simply and casually share your accomplishment with them.

When you acknowledge your successes you acknowledge your strengths and talents, this means you

are acknowledging how great a person you are because your strengths and talents are a part of you.

7. Follow your belief system

A belief system is a collection of ideas and thoughts that you believe are true. When something happens, you just need to act according to what you believe is true in the present moment.

The best way to develop a positive belief system to guide you through life is to educate yourself. The more you learn, the more theories and methods are available to you so you can test them out. As you apply the theories into your life, you will decide which theories, methods or ideas will benefit you so you can put them into your belief system. Life is about trial and error. The more

you apply, the more you know, and the stronger your belief system will become.

8. Know your limits, beliefs, and values

Your beliefs, values, standards and limits set the tone and guide you in life. Each person has their own beliefs, standards and limits, and it is important that you know what they are for your own life. Do not let anyone persuade you to adopt their standards, beliefs and limits. Adopting others' standards, beliefs and limits will lead to confusion about what you need to do because you are unfamiliar with those beliefs and values. When you are confused, you are more likely to make the wrong decisions for your life. When you adopt other peoples' beliefs and values you are living their lifestyles, not yours.

To help you develop strong beliefs, values, standards and limits for yourself, spend some personal time and think about you and your life and what your goals and dreams are. When you are always around people, you will not have enough time for self-reflection because you are busy interacting with the others. For example, sometimes something might sound good to you when you talk to others, but after you think about it you may find that it does not sound as good to you after all. The main reason for this is because others can influence you to believe in certain things while you interact with them, but these things might not be the best for you.

Every day, set a personal time for yourself, it could last for 5-15 minutes, and see what you have done throughout the day, week, month or year. See if what you are doing brings you happiness or not. In addition, if you have made a bad decision in the past, thinking about it can help you to understand where the influences to make that

choice came from so you can make better decisions in the future and not have to repeat the same mistake again.

Also, once a week, spend some time doing your own things without feeling the need for others to do them with you. If you enjoy doing something on your own without the need of others, that activity might be a good fit for you. Sometimes, when you are around others, it might be the company of your friends or family that you are enjoying and not the activity itself.

9. Appreciate every experience

We can learn from all experiences, both positive and negative. The positive experiences will help you discover your strengths and help you to become stronger when you use them. The negative experiences will help you to discover your weaknesses so you can avoid or work on

them. No matter what happens there is always an opportunity for you to learn and grow, and that should be a positive thing. In addition, growing yourself requires understanding every area of your life, positive and negative.

When you embrace everything in life and take advantage of it you will start to look at life from a whole new perspective and build a strong connection with yourself and everything and everyone around you.

10. Appreciation

The best way for positive things and people to enter into your life is to appreciate what you already have. When you do not appreciate what you already have, most likely you won't appreciate what you will get in the future.

Appreciation does not develop from what you want or will get in life, but from what has already been given to you. It does not matter what you already have in life, there is always a reason to appreciate someone or something.

Think about it: if you can't handle what you already have, then what make you think you can handle what you will get in the future?

To help build your level of appreciation, learn to look for the positive in things and people. Whoever or whatever is already in your life, write down what is positive about that person or thing. And then write down how that positive trait or thing has helped you in your life. The more you are aware and understand that someone or something else's positive trait has helped you in your life the more you will appreciate that person or thing, and the higher your appreciation level will become.

Remember, learning to look for the positive is also a learning practice. You might have a difficult time seeing the positive at the beginning, but as you train yourself to do so, it will become a natural thing for you to do, even in tough situations.

11. Create meaning in your life

As human beings, we crave meaning because it will give us a sense of purpose and keep our spirit alive. **The fastest way to create meaning is to help and serve others through your own strengths and talents.** You were born with unique strengths and talents that others need. If you are not sharing and helping others by using your strengths and talents, everyone will suffer. First, you will suffer because you are not creating meaning in your life. Second, other people will suffer because you are depriving them of receiving the services that they need to live well.

As long as you are alive you craving for meaning will always be there, which means you need to serve others. When you are not fulfilling that human need, you will experience suffering. However, when you fulfill your human needs, you will experience happiness.

If your work does not support your strengths and talents, you can take one or two hours a week to volunteer in activities that support your strengths and talents. If your work supports your strengths and talents, then you are on the right track. Your goal is to earn a living doing what you love and serving others by doing it. If you are retired, you can also volunteer to allow yourself to continue using your strengths and talents. **It does not matter what stage of life you are in, creating meaning is a lifelong task in order for you to experience lifelong happiness.**

12. Create a life foundation

Everything in life needs a good foundation. For example, before you can build a house you would need a strong foundation on the bottom. With a strong foundation, it will be easier for you to build, fix or rebuild another house if something happens compared to when you have to start from the beginning without a strong foundation.

It is the same with your life. In order to pull yourself back up after a setback or failure and have a clear mind to come up with successful solutions to your life problems, you need a strong life foundation also. **When you have a strong life foundation it does not matter what happens; you will always have the ability to tackle any situation successfully.**

To create a strong life foundation, there are five areas that you need to develop. The first area is to build your self-esteem. Good self-esteem gives you the ability to

believe in yourself and that you can overcome anything in life. The second area is to know and unleash your passion. Your passion gives you motivation and inspiration that life is worth fighting for. Third is to have good health. Good health gives you the energy and strength to keep on moving forward. Fourth is stress management, which gives you the ability to stay in balance. And fifth is understanding how to set goals, which gives you the ability to stay focused in life and not be scattered.

The stronger those five life areas become, the stronger your life foundation becomes. This will help you face any obstacles, challenges, and failures and to move forward to live a better and happier life.

13. Engage your body, mind, and spirit

Whatever you decide to do in life, make sure your body, mind and spirit are connected. You have to make sure your body has the strength to do what you choose to do, that your mind has the ability to do it, and that your spirit allows you to do it. **Whenever your body, mind and spirit act as one, your actions become effortless.** That will give you an opportunity to experience more joy and happiness.

First, make sure you have good physical health to give you the energy and strength needed to carry out your task. Second, make sure your mind is empowered and motivated to help you believe in yourself to be successful with your task. Third, make sure your task develops from your heart and soul and that it is the right thing to do. If not, it would be very difficult for you to enjoy your activity.

For example, even though you might believe something is the right thing for you to do and you believe in it, if you do not have the physical energy and strength to do it, then you are unlikely to do it successfully. Or if your mind is not strong, it does not matter how good your physical health is or how something might seem to be the right thing to do, you are unlikely to take action because you do not believe in yourself.

14. Make your life count

Life on Earth is not about being alive; it is the meaning and purpose you develop that matters. We have often heard that it is not the years that count but the qualities and effort we put into the years. You can live a long life, but if those years are not meaningful or fulfilling, you might feel that you have wasted your life. **However, you could live a short life that is filled with meaning,**

joy, purpose, fulfillment and happiness; then your life was worthwhile.

In this case, make sure you take action to fulfill your goals and dreams as soon as possible. **It does not matter how old you are—start fulfilling your goals and dreams.** Even if you might not be able to reach all of your goals or dreams or live the life you want by the time you pass away, you would still feel better about your life if you have had the courage to go after your goals and dreams rather than not trying at all.

15. Keep your goals and dreams alive

Remember, happiness is not about achieving this or that, but is about experiences. Experiences do not require you to reach a certain destination. Happiness is not about how quickly you can achieve your goals and dreams, but it

is about moving forward and focusing on what you want and keep your goals and dreams alive.

For example, if you know that publishing your own book will bring you happiness, you have to take action and keep on moving toward it as much as possible, even if you only take a small step each day. **When you take action your brain will believe that your goals and dreams are possible, and it will allow you to experience happiness.** However, if you are not moving forward toward achieving your goals and dreams, they will not be alive, which also means your happiness is not alive.

As long as you are still alive, your goals and dreams need to stay alive in order for your spirit and happiness to stay alive. If you stop pursuing your goals and dreams because you believe you are too old or it is too late, your spirit and happiness will slowly die. Keep your goals and dreams alive by nourishing them with activities through

taking action. As you accomplish your goals, keep adding new goals. **Give yourself the opportunities to achieve your goals and dreams in order for your spirit and happiness to stay alive.**

16. What are your strengths and talents?

When you allow your strengths and talents to grow, you allow your spirit to grow because anything that is a part of you is a part of your spirit.

To discover your strengths and talents, pay attention to the strengths and talents that were given to you when you were born, both small and large. They could be skills you have learned easily, or positive traits such as kindness, being organized or hard-working. They could develop from your successes and accomplishments.

Pay attention to the areas that you have the most success in to discover your strengths and talents. For example, if you are successful in your health area, what did you do to become successful? Is it your discipline and motivation skills that helped you to become successful in achieving good health? Pay attention to what you do well without much assistance because it comes naturally for you. Were you able to learn how to eat well without much learning and assistance from others? You might need a little reminder or boost to do certain things, but your knowledge comes out naturally when you take action.

Write down all of your strengths and talents and see which ones you have used the most often in your life. It is most likely that those are your strongest strengths and talents, the ones that you would want to focus and build on.

Second, you have to build your strengths and talents by taking action to make them stronger, such as

by doing activities to grow them either to help yourself or others. The stronger they become the stronger you become, and the more meaning you will experience because you are making a difference in your and other people's lives.

17. It is never too late

It is never too late to achieve anything or to experience happiness. You would rather be happy for a short period of time than not at all. If you are able to feel that sense of true joy and happiness from whatever you are doing, it will be worth the journey, even if it is only for a short amount of time.

Remember, happiness is a journey, not a destination to be reached. Life and happiness are about experiences. You can experience happiness instantly by taking action

right now to achieve what you want. You do not need to achieve your goals and dreams to experience happiness.

Happiness comes from the actions and doings of your activities.

In addition, you do not want to have the thought of "what if" inside your head because that insecurity will prevent you from trying new things, setting new goals and enjoying life.

18. The power of setting goals

According to positive psychology, one of the best ways to grow is through setting goals. As human beings, we crave personal growth to achieve our desires, goals, dreams, and to reach our full potential. Setting goals will help you to accomplish that.

Setting goals will encourage you to learn a new skill, raise a child, cook a meal, improve your eating habits, quit smoking, or whatever you want to achieve in life in a more successful way. If you have trouble knowing what kind of goals to set, the process of goal setting will help you to understand more about yourself and to develop goals that will bring you success, joy, fulfillment and happiness.

Some people might already know what they want to achieve, but what is stopping them is not knowing how to set goals correctly to accomplish what they want to achieve. When we do not see a clear plan with step-by-step details we tend to believe that our goals and dreams are impossible. However, setting goals will to open up the path and to help you realize that your goals and dreams are possible. Setting goals will help you develop a plan with step-by-step action steps to achieve your desires and dreams.

19. Create a vision board

A vision board allows you to physically see your intangible dreams and goals, helps you believe in yourself, and helps to keep your spirit alive, which will motivate and empower your mind to find ways to obtain them. Your brain will see what you want clearly so it can work harder to find ways to get what you want.

For example, when you drive in foggy weather you have to drive slowly because you cannot see the road clearly. It is the same with your mind. When your goals and dreams are not on a vision board your mind cannot see them clearly, which makes it more difficult for your mind to find and unleash the right knowledge and skills for you to become successful.

On your vision board, put things that represent your goals and dreams and the quality of life you want to develop for yourself. You can use anything to create

your vision board. For example, you can draw pictures, paste pictures or objects on the board, or use any way to help you represent your ideal life.

Place your vision board where you can see it easily on a daily basis. The more your mind sees your vision board, the faster it can help you get what you want, and the more it will empower you to make something positive and meaningful in your life.

20. Never underestimate yourself

Never underestimate yourself. **You have more knowledge, strength, talent and skill than you could ever imagine.** If you are committed to believing in yourself, magical things will happen. Everything starts with choosing to believe.

To help you believe in yourself, try to learn more about human potential and understand more about being a human being, because you are a human being. **The more you understand about human potential, the more you will understand and realize that you have a lot more knowledge, strength, talent and skill than you are giving yourself credit for.**

21. Everything is connected

The great thing about life is that everything is connected. When you focus on and improve in one area of your life, every other area in your life will also improve. For example, when you take care of your body, your mind and spirit will also improve, and vice versa.

Also, you, others, your community, society and the world are also connected to each other. For example, when

you see a child on the street being treated badly, you would develop a sadness and a protective reaction and want to help the child. Even though the child is not your own child, you would feel sad for that child. Or when one of your family members is feeling stressed, you would also feel their stress. Maybe you won't feel the same level of stress as your family member, but you would still feel some level of stress. The main reason for this is because you are connected to the child and your family. We feel each other's pain in one way or another.

It is the same with happiness. When you experience happiness, others will also experience happiness. When others are happy, you experience some level of their happiness as well.

When you understand that you and everyone and everything are connected, you will work harder to help others out and to make sure everyone and

everything is well taken care of. When you take care of others you are also taking care of yourself. When you take care of yourself you are also taking care of others. When you do that, your heart opens up to build a stronger connection with other people and things, and help you live more freely and happily.

22. We are never the same

Human beings are living animals, and anything that is living does not stay the same. **Throughout your life you will develop and change in every second.** Whenever you experience or learn something new, you change. It might not be a big change, but you are still changing in one way or another. For example, it is like a river. You would never step into the same river the exactly the same way twice.

So do not expect others or yourself to be the same every day and then treat yourself and others the same way. For example, if a person becomes more mature, you would treat him or her in a more mature way. Or if someone's attitude changes, it is important that you understand what kind of attitude it is and respond in an appropriate manner.

When you understand and see that you and others do not stay the same, which means you have constantly try to understand yourself and others in order to develop a strong relationship with them. **The learning process never stops.**

23. Look for the positive

Everything has two sides, the positive and negative. Even though you might not have a clear picture of how the positive side can manifest when you are suffering, the

positive side is still there, and it does not matter how bad or terrible the situation might be.

Also, everything that happens in your life happens for a good reason—to improve your life in one way or another. **Even if something seems negative at the moment, it will be revealed as a positive outcome if you are patient and take the time to analyze why it has happened to you.** Sometimes the positive side needs more time to manifest than the negative.

To help you see the positive of things quicker, every time something happens, stop, stay calm, and then find the solution to overcome your problem immediately. Do not start complaining and whining about how terrible something is at that moment. When you complain and whine your brain is focusing on the negative. The more you complain and whine, the more that negativity

has a way of making it difficult for you to look for the positive side.

You do not need to know what the positive is to believe that there is one. When you stay focused on solving your problem, the positive side will become clearer. When you learn how to react and believe that there is a positive side to every experience, you will be more motivated to solve your problem as soon as possible because you will want to see and experience the positive side of it. However, if you believe that your problem will not bring you any benefit, you would be less motivated to take action to solve your problem.

24. Challenge yourself

Your spirit has to grow. **It is important to challenge yourself to do more of something, or to do it**

in a different way to grow yourself and your spirit. Even a small challenge would be better than no challenge at all.

Many people believe that challenging yourself has to be something big or extraordinary, but that is not true.

Challenging yourself just requires you to do something that you have never done before. It could be a small or large challenge. Of course, the bigger the challenge is the more mental reward you would receive from it because you would use more mental energy, knowledge, and skill to become successful. If you have trouble challenging yourself in a big way you can start out small and build your way up from there to tackle bigger challenges.

For example, in your exercise you could push yourself to run longer or faster, or do one more repetition of an exercise, drink one more cup of water, or eat one more serving of a vegetable or fruit. There are countless ways you can challenge yourself to improve your health.

Or you could challenge yourself to read two books instead of one book weekly or monthly. You can give yourself a smaller challenge yourself to read 5 or 10 more pages of a book daily, weekly or monthly.

25. Become a lifelong learner

New knowledge is always being discovered that will help you to improve yourself. For example, one of the reasons why people live longer now is due to new medical discoveries. **Given the ongoing advancements in technology and knowledge, it is important that you become a lifelong learner be able to adapt to the future and to live your life successfully.**

When you learn new things it forces your brain to think differently to come up with new ideas and solutions, which means you will gain new knowledge, skills and

strength. **The more you learn the stronger and more empowered your mind becomes, the stronger you become, and the more energy and motivation you would have to live more freely and to experience more joy and happiness.**

If you have trouble knowing what to learn, think about your life and the things that you want to learn that you have been putting off.

Make a list of all the things that you have been wanting to learn or things you believe you should learn to improve yourself. Choose something from your list and start learning it. There are many ways to learn something, such as through watching videos on YouTube, or purchasing videos from others, reading articles on Google, reading books, attending workshops or seminars, or you can ask someone to teach you how to learn or do something. Other people love to share their knowledge and

experience, so do not be afraid to ask them. **Today, there are many ways to learn something.**

26. Keep moving forward

No matter where you are at in life, it is important to always find and learn new ways to improve yourself and move forward. If you are still alive, it is important that you keep your spirit alive.

Everything in life either grows or dies, it never stays the same. **Since you are a human being, a living being, you have to keep on moving forward to keep your spirit alive, otherwise, it will slowly die.**

For example, a tree is a living thing. You have to water the tree daily, otherwise it will die slowly. For example, if you do not water the tree today, its lifespan would decrease down to 99%. If you do not water the tree

for two days straight, its lifespan would decrease down to 98%. Even though 98% is still great, the tree is still dying slowly. If you do not water your tree at all, it will soon be dead.

It is the same with your spirit. You have to nourish it daily to keep it alive and strong, otherwise it will die slowly. That is why it is important for you to always find and learn new ways to improve yourself. **It does not matter how slowly you improve yourself, the most important thing is that you take daily action to improve yourself.** As long as you do not stop, that is the most important thing.

27. Nourish your body

A healthy body gives you the energy and strength to do things that interest you, to grow your strengths and

talents, and to keep your spirit alive. **Your body is your vehicle to do things to keep your spirit young, so nourish it.** Always try to find ways to nourish yourself. The following are some of the things you should do to nourish your body:

- Keeping your body in top condition
- Learning and applying daily healthy choices such as getting enough nutrition, exercise, and sleep
- Protecting yourself from accidents
- Using your body properly
- Taking responsibility for and treating minor and major injuries and sicknesses as soon as possible
- Knowing when to get professional medical help

28. Peace starts with you

The most powerful way you can show someone how to live well and happily is through how you live your own life. Action speaks louder than words. Whatever you want others to do; you must first set an example for them to follow. You do not need to say anything for others to follow and believe in you; they will look at how you live your life. If you want the world to be different, show others how you would change it through your actions.

For example, when you feel at peace within yourself, your actions will also become peaceful, and that will benefit everyone, which could lead to a more peaceful world. Your peaceful actions will set an example for others to follow. When people see that you are peaceful, they will want to do and feel the same way, because every human being wants to be peaceful.

Be the change you want to see in the world.

Focus on improving yourself, and everything else on the outside will start to improve as you improve. If you want something more for others and the world, be the example and become more for yourself first.

It is true that you cannot give others what you do not have, especially when it comes to peace and happiness. For example, if you want to help people to experience more happiness, you need to work on improving yourself and become a happier person. The happier you become, the more people can sense your happy energy. When people are around you, they will instantly become happier because your happy energy will be transmitted to them.

29. Small act of kindness

It is the small daily actions that matter and bring you the most joy and happiness in life. **A small act of kindness can bring you many benefits.** The benefit could develop in physical, mental, spiritual, emotional or other forms.

Today we are so focused on physical benefits that we often overlook the other benefits. We tend to believe that if there is no physical benefit there is no benefit at all. However, the benefit that matters the most is not the physical one. Since happiness comes from within, the benefit of happiness tends to manifest in a mental, spiritual, or emotional form. Learn how to look for these kinds of benefits and you will start to appreciate small acts of kindness.

The more often you engage in small acts of kindness, the faster they will add up to bring a lot of

benefits in your life, and not only the mental, spiritual, emotional benefits but also the physical benefit as well.

30. Have faith

Having faith is important in life. **Without faith, dreams cannot be possible.** In addition, faith helps us to develop patience and to help you keep on moving forward when you face obstacles.

Understand that great things require time to grow. Without faith and patience, you cannot achieve them. For example, do you know that it takes at least four years for a gardener to water and nourish a bamboo tree in order for to see physical result on the surface? Even though the gardener does not see physical result on the surface in the first four years, he still must have faith that the bamboo tree will grow into a strong and beautiful tree if he continues to

water and nourish it. However, without faith the gardener would stop nourishing the tree because he would believe that the bamboo tree is not growing.

In this case, your goals and dreams also require the same nourishing and discipline through the years before you start to see the physical benefits of your goals and dreams. **Have faith in your small daily actions, because they will bring you massive physical benefits later on.** For example, after four years of watering the bamboo tree, the bamboo tree will grow and bloom very quickly in the physical world. It is the same with great results. It might take at least two to three years of working towards your goals and dreams before the physical benefits develop, but once you start to see the physical benefits, they will skyrocket.

31. Forgiveness

Your soul needs to be free to experience new things, and forgiveness is the best tool to help you achieve that.

Forgiveness helps you to free your negative emotions so you can move forward and experience new things in life.

First, you have to learn how to forgive yourself. It is very important that you forgive yourself for your mistakes or for when you have taken the wrong path in life. No matter how well you prepare to do something, there will always be a chance that you will make mistakes and fail. If you can change and improve by learning from your mistakes you should not feel guilty about making them. When you keep punishing yourself it is more difficult for you to move forward and truly be free to live your life.

Second, it is also important that you forgive others. When you forgive others you are actually helping yourself, as it is not really about the other person. When you hold on

to the pain, suffering and resentment within you, those bad feelings will only harm you, not the other person. Forgive others so you can let go of the negative feelings and have more room in your life to experience new things.

32. Play

You are never too old to play. **Playing is something you should do throughout your life because it keeps your spirit young and alive.** Playfulness is one of the qualities of the human spirit. When your spirit is alive, you are more motivated to take action to make things happen in your life. The more action you take the more happiness you will experience.

Playing could include playing games. Try to play as many different kinds of games as possible because each game requires a different kind of thinking and strategy, and

that will force your mind to be creative to come up with different solutions to become successful. When you force your brain to be creative by playing games you are also growing your creativity to come up with solutions to your problems as well. Life is a game, so make sure you are creative enough to come up with creative solutions to your problems.

You can also play with children. Children like to play, and play brings out joy. When you play with children you will also become more joyful.

Staying young is not about your age but about your spirit. Kids like to play because they have a young spirit. So if you want to have a young spirit, play.

33. Smile and breathe

The purpose of life is to enjoy what you are doing. The only way for you to enjoy your life is to slow down and appreciate what you are doing at the moment. When you rush to accomplish things, then you are less likely to become aware of what you are doing, which means you have missed the whole purpose of engaging in the task in the first place.

To enjoy and appreciate life more, once in a while, stop and appreciate the small simple things that are in front of you. Pay attention to the people around you. Enjoy the weather, no matter what kind of weather it is. Stop, look, and smell the flowers and the trees. Enjoy the birds singing.

Every person and thing exists for a wonderful reason. **The only time you can understand and**

experience the benefit of someone or something is to stop, look, enjoy their presence, and appreciate them.

34. Control your emotions

Do you allow your emotions to influence you to act or behave in certain ways that you do not want? It is your emotions that are most likely stopping you from achieving the happiness you deserve.

For example, you might want to take action to achieve something that will bring you happiness, but your doubt and fear prevent you from taking the step you need to become successful. In this case, when you allow your doubt and fear to get the best of you, you are not in the state of freedom to do what you believe will bring you happiness.

Learn how to control your emotions and do not let them control you. For example, if you know that your

anger tends to get the best of you, learn how to control your anger. The moment anger takes control of you, nothing positive will come out of it.

It is the same with your fear. Learn how to control your fear emotions by learning where they come from and what the fear emotion actually means. **When you have a better understanding of what your fear actually is, you can start to control it and start taking action to help you achieve happiness.**

When emotions develop that you do not like, learn how to control them so you can live freely.

35. About the author --- Mykim Tran

Mykim Tran is a personal transformation expert, speaker, educator, life coach, and author. She seeks to help transform individuals to become the best version of themselves and in reaching their full potential. Mykim is a national best-selling author of *Self-Esteem Building: How to live your life as YOU* and other self-help books on life and happiness topics such as self-confidence, goal setting, stress management, health and wellness, and career development. Mykim is the founder and CEO of Wake-Up Foundation, a non-profit agency, in transforming individuals to become social change agents to promote stronger communities. Mykim is a certified Recovery Coach. She received her bachelor's degree in Media Communications from California State University of Sacramento, and her master's degree in Psychology at Walden University. She is currently a PhD student at

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