

Passion is the key



Great accomplishments require persistence, discipline, and hard work, and nothing will develop those qualities faster than passion. Passion will give you the energy and strength to push yourself forward when you hit roadblocks and obstacles. That is why it is so important for you to discover your passion in life. In addition, when you discover and engage with your passion, it provides your life meaning, purpose, and fulfillment.

Be a good student



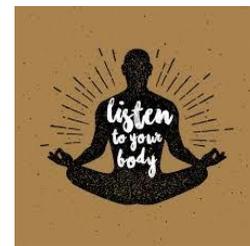
When you are a good student, you are more likely to follow directions correctly, and then you have a higher chance of becoming successful. When you first learn something, it is important for you to do exactly what you are taught. Do not take shortcuts or skip certain steps because you believe you can do better. When you do not follow the exact steps, you are taught, you are not building the habit of following directions. If you do not follow directions correctly, you may have a difficult time achieving success in life.

Do not blame others



When you blame others, you believe that it is the other person who needs to change and not you. However, it is *your* life, so you are the person that needs to change, not the other person. In addition, people are unlikely to change or take action to improve your life because they have their own lives to worry about. If you wait for others to take action, then you most likely will wait forever. To help you improve your life, first, you have to take 100% of the responsibility for your actions. When you take full responsibility, you will understand that it is you who needs to change, and this means you will be more motivated to take action and make changes.

Listen to your body



One way to nourish your body is to listen to it. Your body will send signals when there is something wrong so you can take care of it. For example, when your body is full, it will tell you when to stop eating. When your body is hungry, it will also tell you when to eat. If you eat certain foods that are not good for you, your body will also send out a signal for you to stop eating. We have to retrain ourselves like when we were infants when we stop on eating when we are full, and seek out for food when we hungry. Your body sends signals to keep you healthy, so do not ignore it.

Reinforce positive affirmation



The best way to help your mind stay productive and strong is using positive affirmation. Throughout the day, there will be negative influences that may reduce your mental energy, such as people giving you negative comments, or when things do not go your way. Since you do not have control over everything that happens to you, it is important to make sure your mind is strong enough to block out negative influences. Make a list of positive affirmations and then try to use and reinforce them as much as possible throughout the day. The more you reinforce them, the stronger your mind becomes.

Have tools at your disposal



It is important that you know your life skills, so you are ready to face life's obstacles when things happen, so you can tackle them successfully. If something happens and you do not have the tools to fix your problem, then you would most likely fail. In addition, when you do not have the tool you need at your disposal when a problem manifest, your brain may have a difficult time coming up with a productive solution because your mind is so worried and focused on the problem. However, when you have the tools at your disposal, and something happens, you will know exactly what to do instantly and not have to waste time thinking.

Drink enough water



Throughout the day, you use a lot of energy from water for activities, so you want to make sure you replace it. Your body and mind are made up with at least $\frac{2}{3}$ of water, so you want to make sure you drink enough water to maintain that level. When you are dehydrated, your body and mind become unproductive.

Everything is connected



The great thing about life is that everything is connected. When you focus and improve in one area of your life, every other area in your life will also improve. For this reason, you should pick to one area of your life that you do great in and focus on improving that area. The better you improve that one area, the better everything else in your life will become. For example, when you take care of your body, your mind and spirit would also improve, and vice versa.

Small act of kindness



It is the small, daily actions that matter most and bring you the most joy and happiness. A small act of kindness can have many benefits. The benefit could develop in physical, mental, spiritual, or emotional forms. Today, we are so focused on the physical benefits that we often overlook the other benefits. We tend to believe that if there is no physical benefit, then there is no benefit at all. However, the benefit that matters the most is not physical. Since happiness comes from within, the benefit of happiness will manifest in a mental, spiritual, or emotional form. Learn how to look for these kinds of benefits, and you will start to appreciate the small acts of kindness.

There has to be a good reason



If you want something to enter your life, you need to have a good reason for it, otherwise, it is unlikely that you will get it. For example, if you want or need money, but you do not have a good reason, then money won't come to you. However, if you truly need money to support your life in a positive way, then money will come to you. If you truly pay attention to your life, the things that you truly need in life, either they are already in your life or they are on their way to you.

De-clutter your mind



One cause of stress is a cluttered mind when your mind sees too many things in your work and home areas, especially unused things or things that have a pile of dust on them. To help de-clutter your mind, once a week, go through your work and home areas to see what you do not use or need and donate or throw them away. Before you end the day at work or go to bed, make sure your areas are clean because you do not want to wake up or go into work and see a mess. You do not want to start out the day with a stressful mind.

Be yourself



As human beings, we have the desire to be unique, extraordinary, and different. The only way you can achieve that is by being yourself. Be the person you are meant to be, which is yourself. There are many benefits of being yourself. First, you can understand yourself better. Second, your positive qualities will be unleashed. Third, you will attract positive people to you.

Face your fear



The only way to overcome your fear is to face it. There is no other way out. You have to face your fear as soon as possible. The longer you wait, the stronger your fear becomes, which will make it even harder to face it later on.

Write down your thoughts



To help you stay focused on your current task, write down your thoughts as they manifest. Writing your thoughts on paper frees your mind, allowing it to stay focused on the current task. However, if you do not write your thoughts down, your mind will use mental energy to make sure you do not forget your thoughts, which means you will have less mental energy to focus on your current task. In addition, when you write down your thoughts, you won't forget them later on, which is something we tend to do.

Be yourself



When you are being yourself, your strength and talent will naturally grow. This will help you become a better person because you will be able to do what you love that comes naturally to you. However, when you try to be someone else, then your strength and talent cannot grow, which means you and your happiness cannot grow.

Everything happens for a reason



Everything in life, it 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. Even though you might not have a clear picture of how the positive side can manifest in anyway when you are suffering, the positive side is there. To help you see the positive side faster, you have to stay calm and focus on finding the solution to overcome your suffering. Then the positive side will naturally manifest.

Happiness is creativity



Happiness is the ability to be creative and innovative by using your strength and talent. When you do that, you unleash a powerful experience that no other experience will give you. You will be motivated to do great things and to develop meaning and purpose in your life, which will result in true happiness. Believe in yourself that you have great strength and talent within you, because you do! The more you believe in your strength and talent, the stronger your creativity becomes and helps you to do great things.

Slow down



In today's society, we are so absorbed in chasing after things, that sometimes we do not know how to stop, even if we want to. Every day it feels like there is something that pushes us to run further. The scary thing is that we do not know why we keep on running or chasing. We just automatically do it, because that is what we think we are supposed to do. However, being productive and happy requires you to slow down. Slowing down does not mean you will be behind or not get as much done. As a matter of fact, when you slow down and rest, you allow your body, mind, and soul to rest and recharge. When you come back to your activities, you will be better able to get things done well.

Do not postpone joy



Your main goal in life is to experience joy every day. Joy comes from your daily actions and experiences. If you are not experiencing joy every day, then you need to change your course of action. Allow joy to guide your direction and your actions. Do what you believe will give you joy at the moment. Do not believe that you have to finish or accomplish this or that to receive joy. You should be experiencing joy through the process of your work. Do not allow things or people to guide you to joy. Joy is the way.

Shop food for one week duration



Shopping every week will provide you with fresh food that would give you the most nutrients. The longer you have food in your fridge, the more the nutrients decrease. In addition, you want to make use to eat at least 90% of your food before purchasing new foods.

Form the right habits



If you are not happy with your life, re-evaluate your habits. What kinds of habits do you have? As human beings, 80% of our activities and happiness come from our habits. This means our habits shape who we are. If you want to improve your life, look at your habits, and then start eliminating the habits that do not serve you well, and start building habits that will benefit you. You can start out by eliminating or building one or two new habits. As you feel more confident, you can tackle more habits. As you eliminate your bad habits and add more positive habits, you will be amazed at how different your life will become.

Educate yourself



Education will provide methods for you to try and test them out. The more methods you know and apply, the higher the chance that you will become successful because you will have many methods and tools available to you. For example, if you have a problem and you only have one or two methods, and both methods fail, then you would be more likely to quit because you have no more methods to try and solve the problem. However, if you keep educating yourself every day, you would have countless methods available to you, which means you are unlikely to fail or to quit. People in the past have developed so many successful methods to help you become successful, you just need to discover and educate yourself about those methods.

Act in spite of fear



It is not because people are smart that opportunities come to them, but because they are willing to try new things and do not let their fear and doubt take over. When you act in spite of your fear and doubt, new knowledge, ideas, and methods will manifest to help you become successful. Do not doubt that you can become successful. You have to believe that you have more than enough knowledge and skill to become successful because you do. Fear and doubt are only there to make you afraid, but you will ALWAYS have more than enough knowledge, skill, and strength to become successful.

Take action



When you have a problem, it is important for you to take action and solve it right away. Do not give your mind the chance to think about the stress the problem causes. When you take action, the brain has something else to focus on, instead of the problem, which means your brain will be less stressful. Quickly make a list of options that you can do to solve your problem, and then choose the best option. If the first option does not work, then go on to the next one, then the next one until your problem is solved. By taking constant action, the mind focuses on taking action instead of the stress of the problem.

Happiness is experience



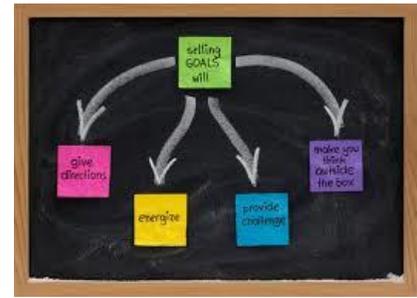
It is never too late to do what you desire or to start over in what you believe will bring you happiness. The happiness that you will receive when you take action to do what makes you happy will be worth it; even if you can only experience it for just awhile. In life, it is the experience that counts, not the outcome. You might even have a negative outcome from what you want to achieve, but having the experience is worth the journey. If you have the desire to do something new when you wake up, go for it!

Deal with your problems



Every time you overcome an obstacle or challenge, the happier you become. Happiness is about building your inner strengths, and this is done through facing your problems and challenges. The more you face your problems, the more you are using your inner strengths, the stronger they become, and the happier you become. However, if you avoid your problems, you are not allowing your strengths to grow. When your strengths are not growing, then your happiness is not growing either.

Benefit of goal setting



Goal setting helps you look and approach life with new eyes because you are doing something that you have never done before. Most importantly, you will discover a lot about yourself, which will help you make better decisions.

Use your own strengths and talents



As human beings, we have more than enough knowledge and skill to achieve whatever we desire. In today society, we have been influenced to believe only certain people are meant to achieve great things, and others are not meant to achieve. The only reason why many people believe that they are not meant to achieve great things is that they are trying to achieve the same things as others. When you try to copy others, you are likely to fail because you do not have the same strengths and talents as they do, and then you start to doubt yourself and believe that you are not meant to become successful. To achieve great things, you have to use your own strengths and talents, and go after your own goals and dreams, and most importantly, believe in yourself. You will be surprised at how fast you will achieve.

Be grateful



Being grateful is not based on things, but it is a quality that you develop. It does not matter what you have, there will always be a reason to be grateful because there is a positive side to everything and everyone. If you can learn to see the positive in things, then it will be easy for you to be grateful for what you currently have. When you receive something in the future, then it will be easy to be grateful. To help you build your ability to be grateful, learn to look for the positive in things and people. 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 be a natural thing for you to do, even in tough situations.

Do not browse around



When you shop for food, do not browse because the more unhealthy food you see, the more likely you are to purchase it. Make a list of what you need to buy and then stick to the list. The moment you are finished getting everything on your list, go straight to the check-out stand.

Align your thought, word, and action



Whatever you decide to do, make sure your thoughts, actions, and words align with each other. When they are all connected as one, it will give you more strength to accomplish your task. In addition, when everything is connected as one, your actions become effortless, and then happiness can manifest easily. For example, when a community of people comes together for the same cause, then the cause would become a stronger force compared to only one person believing in the cause. It is the same with happiness. The more your words, thoughts, and behaviors match with each other, the more happiness you will experience when you take action.

Happiness is doing



Happiness is about experience, and experience can only come from taking action. It is also about the process of what you do. Focus on activities that allow you to use your strengths, skills, and knowledge. The more you use your strength, skill, and knowledge, the greater experience you will have, and that will relate to greater happiness. Even though you might fail, if you are using your strengths, skills, and knowledge in the process, then happiness will manifest.

Believe in yourself



Self-belief is the most important aspect of achieving anything. Self-belief will help unleash your strength and talent quicker. If you need to learn new knowledge and skills, self-belief will help you to learn and absorb at a faster pace. The best way to increase your self-belief is to increase your self-esteem. The higher your self-esteem, the more you will believe in yourself.

Take responsibility



Taking responsibility does not mean you have to know all the answers right away, but that you are willing to find the answers to solve your problems. Sometimes it might take you a while to fix something, but as long as you are fixing your problems and moving forward daily, then you are taking responsibility.

Life on earth



As a human being, your goal is to serve others and to make a difference in the world. In addition, in order to keep your spirit and soul alive and to have a sense of purpose, you have to find ways to make a difference in society and the world. To be alive is not enough, it is the meaning and purpose that you develop that matters. Life is not about how many years you lived, but how well you lived your life. To be truly alive, your body, mind, and spirit have to be alive.

Goals create less stress in life



What makes us feel stressed is not knowing where we are going in life because we are afraid of the unknown. However, when you set goals, you create a path to where you are going. This allows you to become less fearful of the future and the unknown, therefore, means your mind will create less stress.

Happiness



We all say that we want more happiness, but our actions do not support it. We keep saying that happiness comes from within, but we never spend the time to grow our inner strengths, which is our happiness. Every time we have extra time on our hand, we would work overtime to get more money so we can buy this or that, or plan a vacation. However, we never take the time to read or watch a video that will grow our inner strengths to increase our happiness. The next time you have extra time available, spend some time to reading, watching, listening, or attending workshops or classes that will increase your happiness. Consider topics such as building your self-esteem, self-confidence, courage, personal development, and or any topic that will grow your inner strengths, which contribute to your happiness.

Happiness is success



The first step to achieving whatever you want is knowing what happiness is. When you know what happiness is, your thoughts, behaviors, and actions will match up with your state of happiness to help you become successful in life. Happiness will push you to do great things because it will give you the energy and strength to move forward when you fail or face obstacles. Take some time to learn what happiness is. You have to learn what happiness is, as the knowledge does not come automatically to us. The misconception that many of us have is that we would know what happiness is the moment we are born. In today's society, nothing comes to us automatically, and everything requires learning, discipline and hard work. If you are willing to put in the time and the work, happiness is within your reach.

Do not whine



In life, we say that we do not have time to do this or that, but we do have time to sit and complain about many things. We have built the habit that we would rather complain and tell stories about why we cannot do this or that than stand up and do something about it. It takes the same amount of time and energy to complain or to take action. If you always complain that you do not have time to do something, think back to how much time you sit and complain about it. If you add up all the time you spent whining and complaining, you would already have achieved something with the time you spent whining and complaining. The next time you decide to whine and complain, use that time to create an action plan to get started on what you want. It only takes 5 to 10 minutes to develop a plan, but more than 10 minutes to whine and complain.

Try new things



In this world, there are so many things that are worth trying just for the experience. It is the experience that will give you happiness, and not the result such as positive or negative. The more you try new things, the more you can understand and appreciate life. Since you only live once, make sure you experience as many things as possible. If you have the desire to do something, go for it. When you have the thought of "what if" inside your head, it will create a lot of stress and suffering that will prevent you from enjoying life.

Do not do what is easy



As human beings, our brain likes us to be in comfortable circumstances. However, being comfortable does not encourage growth, and growth is what our soul and happiness are craving. In addition, the things that are worth achieving and experiencing are the things that are not easy, the thing that push us outside of our comfort zone to learn new knowledge and skills. Learn how to set goals that allow you to use different knowledge and skills. If you do not have the skill and knowledge at the moment, you can always learn them. Today, it does not matter what you want and need to learn, it is learnable and there is a way.

Take breaks



Throughout the day, it is important for you to take breaks to recharge. After two hours of working, your body and mind are tired and out of energy. If you do not take breaks, you will not become productive. When your mind is low on energy, it cannot produce successful outcomes, no matter how hard you force your mind to do something. The longer you force your mind to work when it is low on energy, the more unproductive you will become. Every two hours, take at least 10-15 minutes break. Or whenever you feel tired, it is important to stand up and take a break.

Passion increases creativity



The best way to increase your creativity is to unleash your passion. The more you develop your passion, the more your mind will come up with new, amazing ways to use your strengths and talents. Therefore, the more passionate you are, the more creative you become.

Experience both positive and negative



Freedom is about having the opportunity to experience everything in life without being afraid. You have to give yourself the opportunity to experience both the positive and negative. Both experiences help you understand who you are. If you only experience the positive, then you are missing half of life. Learn how to increase your self-esteem and be strong enough to believe that making mistakes is not a bad thing because you can learn a lot from them. When you allow yourself to make mistakes, you are free to experience everything in life. You will not be afraid to try new things, take risks, step outside of your comfort zone, and go after your goals and dreams.

Happiness is taking action



The only way to grow your happiness is by growing your strengths; and the only way to grow your strengths is through taking action. However, you have to take the right actions that will grow your strengths.

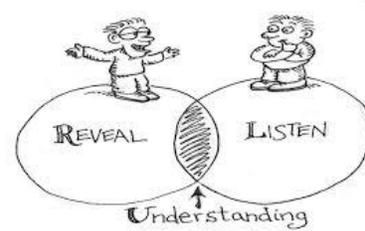
Dedicate at least 2 hours per week to learn more about yourself, which is called personal development and discover and understand your strengths. Since you are a human being, it is wise to learn as much as possible about human potential. The more you understand about yourself the more actions you can take to grow your strengths.

Chew food slowly



When you chew your food slowly, you create more saliva, which helps break down your food quicker compared to when you just swallow the food. In addition, the more you chew your food, the more you enjoy your food.

Understanding is the key



Forgiveness is about understanding the reason behind the action. Each person has their own reasons for doing certain things. Sometimes it is impossible to agree with everything the other person says or does because we are different people with different opinions and viewpoints. Even though you might not agree with the other person's reasons, just to understand, you can start to forgive the other person, and maybe look at the situation from a different perspective. The more you understand the other person, the easier it will be for you to work with them.

The answer comes from within



As human beings, we already have all the answers to our life's questions. However, the media and society have made it difficult for us to believe this because every time we have a problem, we are taught to look for the answer from the outside. As a result, we have developed the belief that we are not smart enough to solve our own problems, and must rely on the outside. However, you must learn how to trust yourself because you have the best solution to your questions and problems. At the beginning, it might be difficult and you might fail a few times when you start to trust yourself, but as you trust yourself more, you will understand yourself better and that will help you to make better decisions.

Have a clear plan



As human beings, when our brains see a clear path to the future, we become less afraid and more confident because we believe that there is a way to a successful future. The best way to develop a clear plan is through goal setting. Setting goals will help you to create a clear and powerful vision with achievable steps to achieve what you want and create a successful future. When you know where you are going and in control of your own life, then that is called personal power.

Preparation is the key



Becoming productive requires preparation and planning. For example, make sure you schedule/plan for the next day. When you do not have a plan, you spend more time and energy thinking about what you need to do than taking action. In attention, thinking takes more mental energy than taking action, which can cause more stress. The better you plan, the more productive and successful you become.

You want to be the best at your passion



A tip to know if you have discovered your passion is if you want to be the best at what you do. Also, if you are always on the look out to learn and discover new things and ways to help you improve at an activity, that activity may be your passion.

There is a positive side to everything



In life, there are two sides to everything. For example, your left hand cannot exist without your right hand. The color black cannot exist without the color white. The term positive cannot exist without the term negative. So in this case, every problem or obstacle that you face, contains an opportunity within it. Sometimes you have to be patient for the opportunity to manifest. So the question is, are you patient enough to wait for the opportunity to come? Patience is the best quality that you can develop because great things in life do not come instantly. Try to avoid the media's influences because they influence us to believe that things need to come instantly for us to experience happiness, but that is not the case.

Replace workout shoe



It is important that you replace your workout shoes because they wear out after a certain amount of time, decreasing productivity and increasing of injury. Fitness experts suggest you replace your workout shoes after 500 miles of use or between 3-5 months, depending upon the intensity of your exercises.

Things are easier than they seem



Things might seem difficult because the brain creates fear. Sometimes the brain creates more fear or difficulty than what it is already is. Most of the things that you want to accomplish will be easier than they seem. In addition, sometimes when you are just looking at a problem or goal, it might seem difficult because at that moment you might not have the skill and knowledge to accomplish it. However, when you start taking action, your knowledge and skill will manifest to help you accomplish your goal. All of your knowledge and skill do not manifest at once. They only manifest as you need them. Always remember, things are easier than what you always expect. Just start taking action, and you will be surprised by how fast you will accomplish your goal.

Happiness is within



Since we know that happiness comes from inside of us, why do we have a difficult time experiencing and achieving it? Today, it is difficult to find happiness within ourselves because we have been influenced to look from the outside. When our beliefs and actions contradict each other, we cannot experience happiness. You have to remember that happiness is the positive qualities that you develop from within yourself such as self-esteem, self-confidence, courage, kindness, appreciation, etc. Sometimes those qualities are difficult to grow, but there is no other way to happiness. As those qualities become stronger, the stronger your happiness become.

Action is success



It does not matter how small your action is, it is important that you take action. Feeling successful is not about what you have accomplished at the end, but about how many action steps you have taken. The more action steps you take to accomplish something, the more successful you will feel at the end.

Stress is from within



Even though external things might create stress, if you are able to control your emotions, you can control your stress. If you have a positive mindset and look for the positive in things, then your life will become positives, no matter what happens. However, if you have a negative mindset, then your life will become negative, and stress has a better chance of developing.

Look for the positive



In life, everything has two sides, the positive and negative. When you encountered a negative experience, there is also a positive side to it. Learn how to look for the positive in everything. Learning how to look for the positive is also a learning process like anything else. You have to keep on practicing. Every time something happens, stop and look for the positive right away. Do not even give your brain a chance to look for the negative. Even though the negative will manifest, when you are aware of the positive, you will feel better about the situation right away. However, if you allow the negative to get your attention first, the negative has a way of making it difficult for you to look for the positive.

Glory of failing



The meaning of failure all depends on you. You define failure, so do not follow or believe society's definition of failure. Words only have the meanings that you give to them. Even if things might not go as planned, it does not mean you have failed.

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. Take the time to stop and smile at the things and people in front of you. 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 get the best result out of things, be aware of what you are doing by slowing down and enjoy the moment, and always remember to smile because it will increase your enjoyment level.

Eat with no stress

Eat Happy,
Live Happy!

When you eat, make sure you are not stressed out. When stress develops, it makes it difficult for your digestive system to break down food. When foods are not being broken down and absorbed into your blood stream, they convert into fat, and you do not want that. Before you eat, make sure to rest for at least 10-15 minutes to calm yourself down.

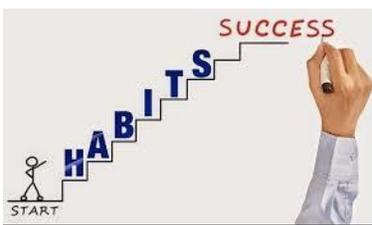
Do not be around people with whom you could develop an argument.

Get out



It is important for you to get out of any situation that increases your stress on a daily basis. Getting out does not mean you avoiding, though it just means that you do not have the energy, strength, knowledge, or skill to solve the problem at the moment. In addition, if you are stressing out daily, you will not become productive because a stressed mind is an unproductive mind. Stepping out allows you to see the problem more clearly to come up with a productive solution, and then you can then come back to solve it.

Build positive habits



If you want things to become easier, then convert them to habits. When a habit develops, you will engage in it very easily because your body, mind, and spirit are used to doing it. However, habits develop through repetition that requires motivation. To increase your motivation, you have to have the right reasons or purposes to keep your motivation up and take action. The stronger your reason and purpose, the higher your motivation, the more actions you take, the sooner your habits will form. Before taking action, take some time to discover and write down your reason and purpose, and reinforce them as much as possible.

Treat yourself well



The best way for people to learn is by example. You have to be the example for others to follow; especially regarding the way you want others to treat you. For example, if you want others to treat you in a positive way, then set an example of what "positive" is by applying it to yourself and your life first. When others can see how you treat yourself, they will know exactly how to treat you. Remember, each person has a slightly different meaning of what positive is. So by showing it to others through how you treat yourself, it will guarantee others to treat you the way you want.

Goals help you control your life



When you set goals, you take control of your life because you create your own action steps to achieve them. However, if you do not set goals, you are more likely to take random steps or allow others to determine your action steps. If you want to have more control of your life, goal setting is the tool.

Show your strength and talent



To discover your passion, pay attention to your strengths and talents. Go through your successes and accomplishments to see what kinds of strengths and talents they have in common. What strengths and talents do you use often throughout your life to help you become successful? Those are the strengths and talents that are worth giving more attention because building on them may unleash your passion.

You are born to win



As human beings, we are very competitive. When we do something, we want to win. The great thing is that you can win in everything you do, but in order to win, first, you have to believe that you can win. Self-belief is the most important thing because you can always learn any knowledge and skill needed to help you become successful. Without self-belief, you would not have the motivation to seek out and learn. The greater your self-belief, the faster your brain will unleash the strengths that you already have, and help you to learn new knowledge at a faster rate.

Never too late



Happiness does not come within a time frame. You can experience happiness at any age or time. Happiness is something we experience, not something we have or achieve. And you can experience happiness at any moment and time. If you are still alive, you still have the opportunity to do things to bring you happiness. Do not take for granted every single day that you are alive, and it does not matter how old or young you are, happiness is within reach.

Challenge yourself



When the body is used to doing the same routine over and over again, the benefits decrease. In order to keep your fitness and health level up, it is important to challenge yourself to a new workout routine. Even a small challenge would be better than nothing at all. Push yourself to run longer or faster, or do one more repetition, or take a few more steps, or increase your intensity. There are countless ways where you can challenge yourself to improve your health.

Experience life



In life, we can learn from all experiences, both positive and negative. The positive experiences will help you discover your strengths to help you become stronger when you use them. The negative experiences will help you to discover your weaknesses so you can avoid or work on them. It does not 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.

There is not limit



The limitations you set for yourself are based on your thoughts, and your thoughts are based on what you learn and have been conditioned throughout your life by your family, friends, co-workers, and the media. If you are surrounded by negative people who always express doubts, conditions, and limitations to you, then those things will be with you throughout your life. However, if you are surrounded with positive people who encourage and motivate you with a different kind of mindset, then your thoughts would be different. So surround yourself with the right people and do things that help you develop a positive mindset. Then your life will not have limitations.

Wisdom



Knowledge and wisdom are connected to each other. Without knowledge, we cannot learn and apply things to give us experience, which later converts to wisdom. Without wisdom, we will not realize that we need to let go of old knowledge to gain new knowledge. As human beings, we are constantly changing and developing. In order for that to happen, we have to let go of old knowledge in order to make room for new knowledge. We cannot be stuck in the past.

Control your emotions



Stress develops from not controlling your negative emotions. Learning how to control them will allow you to prevent a stress increase. One way to control your negative emotions is to take a few deep breaths or learn how to look for the positive in things and people.

Goals lead to fulfillment



When you set goals, you put yourself on a path to achieving things, which will lead to a life of fulfillment. You are fulfilling your human need. The more you fulfilled your goals, the more fulfillments you will experience.

Joy and happiness



Always remember that joy and happiness come from within you. When you truly understand this, you are free from materialism and can start to focus on things that truly matter in life. Remind yourself daily that joy and happiness come from within, and learn to develop the habit of being okay that you do not need to do things to be happy. You can be happy just by sitting in silence by yourself or with other people. In addition, joy and happiness can develop from anything when you make the best of it.

Train your brain



Our brain is the strongest and also the weakest part of our body. When we are tired, most likely it is our mind that is exhausted, and not our body. Our body has twice or even more strength than what our mind think we have. When we are about to quit on something, it is our mind that needs strengthening and motivation. In this case, when you train your brain to become strong, it can become your strongest asset and help you to overcome and achieve anything. Make sure you feed your brain with positive and empowering messages daily to keep it strong, just as you have to drink water daily to keep your body hydrated.

Everything is a choice



It does not matter what you have to do, you always have a choice. Whatever you decide to do, remember that it was your choice to make that specific decision. Sometimes the choice is simple, while other times it might be more difficult or complex. Sometimes you have to make tough choices in the moment so you can have a better future, but it was still your choice. When you understand your choices and decisions are the result of free wills, you take more responsibility for your life, which is empowering.

Eat breakfast



Starting your day out by eating a healthy breakfast result in increased productivity. Eating breakfast does not only fuel the body but it also fuels the mind, because the brain also needs healthy nutrients to function well.

Passion is energy



If you want motivation and energy, passion is the key. Do not underestimate passion. The more you unleash and grow your passion, the more motivation and energy you will have. Nothing in life worth discovering and unleashing than your passion. Your passion will help you push through the difficulties to help you achieve your goals and dreams. When you discover your passion, it is unbearable to not even engage and move forward with it because the energy and motivation that it provides are tremendous. Do not ever, ever underestimate your passion to believe that it is just another simple thing in life.

Difficult is strength



In life, the more difficulty you face, the more strength you will gain when you overcome it. Do not be afraid to take big risks and or step outside of your comfort zone. It might seem like a big risk when you are thinking about it, but the moment you are determined to make things happen, your brain will unleash the skill and creativity to help you become successful as you take action and believe in yourself. In addition, things always seem more difficult when you are thinking about it because our brain create fears and doubts. But fears and doubts are only emotions that you can manage that will soon disappear as you take action.

You determine your faith



You are the sole person who will make your goals and dreams come true. It does not matter if you have no one to help you, you already have the knowledge, skill, and talent to become successful. If you stop moving forward toward your goals, it is you that is stopping yourself, and not other people or things.

Sometimes, you might take a longer time to accomplish something when you are doing it by yourself, or you have to slow down or put things on hold for a while, but you can still get there after you pick yourself back up. So if you stop, it is you who is stopping yourself, and no one or nothing else.

Passion is greatness



If you want to accomplish great things, then you must unleash your passion. If you ever wonder how others have accomplished great things, it is because they have discovered and unleashed their passion. When you unleash your passion, your knowledge, skill, strengths, talents, and creativity will unleash along with it to help you do great things. The greater your passion level, the faster those qualities will unleash.

Enjoy your daily activities



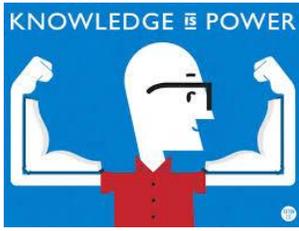
Time is the only thing we cannot take back, and it is the only thing we cannot get more of. If you wasted your time, then you are wasting your life. Make sure you use your time wisely. Everything that you do daily, you should enjoy it. If something is not enjoyable, then either try to pursue something else or adjust it in a way that will give you more enjoyment. Take a step each day to make your daily activities as enjoyable as possible. When you enjoy what you are doing on a daily basis, then you will not only value and appreciate your life, but you will enjoy and love your life.

Adjust your goals (goal tip)



Before you decide to quit on your goals, adjust them. Sometimes you develop a misstep that only needs a little change to help you move forward. Look through your action steps or purpose for actual and potential missteps and try to fix them.

The power of knowledge



The best thing to gain and have in life is the thing that no one and nothing can take away from you. If you never lose it, then you will never have to redo the same thing over again.

And learning is one of those things.

Whenever you learn something new, it is within you forever and it does not matter what happens from the outside. Be a lifelong learner because the more you learn, the more powerful you will become.

Get enough sleep



Throughout the day, your body and mind use a lot of strength and energy, so it is important that you get enough sleep so they can repair and recharge for the next day. If you do not get enough sleep, then you are more likely to feel tired and frustrated in the morning, which leads to unproductivity.

Free your emotions



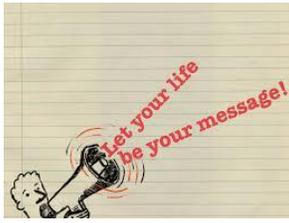
Freedom is the ability to feel whatever you desire. If you want to feel happy, then do so. If you want to feel sad, then do so. When you allow yourself to feel whatever you desire at the moment, then that is freedom. Do not let anyone tell you that you have to feel a certain way. When you do not allow others to control your emotions, you are a truly free person. Your emotions are the best way for you to know what you are feeling at the moment and to help you learn more about yourself. For example, if something makes you sad, then it is important to show your sad feeling because that will help you recognize what make you sad, so you can make better decisions in the future to bring you happiness.

Learn to let go



In today's society, we have more than what is needed to live a successful and happy life. Happiness does not require us to have many things but instead to appreciate the few things and people that are already in our life. When we have too many things to worry about, we cannot give enough attention to the things and people that are important to us. Learn how to let go of things or people that are pulling you down or taking up your time so that you can give more attention and time to the things and people that truly bring you happiness.

Your life is your message



The most powerful way you can show someone to live well and happily is through how well you live your own life. Action speaks louder than words. Whatever you want others to do; you must first set an example for others to follow. You do not need to say anything for others to follow and believe in you, they just 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.

Have goals for all life areas



You want to make sure you develop goals for all areas of your life, including but not limited to health, personal, career, and relationships. Many areas need attention to help you achieve maximum happiness.

Manage your time



Time is something we want more of, but cannot have more of. The only thing we can do is manage ourselves and make sure we use our time wisely. It does not matter what we do, time never stops.

However, we do not need more time, because we have more than enough time to accomplish the things we desire. When you manage yourself and time wisely, then time will not be an issue. Discipline yourself to do something to get closer to your goals daily, even a small step will be worth it. Do not waste your time with unnecessary things.

Have faith



It does not matter what you want to achieve, you can rarely see the complete path to the destination. However, every goal has an end destination. Sometimes the destination is far away. For example, when you first start to run a marathon, you could not see the finish line because it is still far away, but you know it is there at the end, so you would keep on moving forward until you get there. It is the same with your goals and dreams, you can get there, you just need to have faith and believe that you will reach the end of your goals. Otherwise, it would be difficult for you to move forward when you hit obstacles. As you take action, the future steps will become clearer as you get closer to them. It is the same when the finish line looks clearer when you are approaching it. Have faith that things will work out in the future, and most importantly believe in your strength and talent, and your fear of failure will be minimized.

Passion opens your heart



The stronger your passion becomes, the more your heart opens to other people because the main purpose of your passion is to help others. In your daily life, you are more willing to help others in need. If there is a chance that you can help others, you would take the opportunities to do so.

Take 100% responsibility



To be in control of your life is to take full responsibility for your life. As a human being, you want to be in control, and when you blame other things and people for your life, then you are losing that control. Even though it might be painful to take responsibility for your failure, afterward, you would feel stronger. In addition, since you are the person who is going to make your life choices, taking responsibility for your actions and problems will motivate you to make things happen. The more you take responsibility for your actions and your life, the more you are in control and can start to make something happen in your life.

Healthy plate



When you eat, make sure you create a healthy plate, which means having the right amount of food for each food group (protein, grain, fruit, vegetable, and dairy). You can log on to www.myplate.gov to help you see how much of each food group you need for your diet and lifestyle.

Best motivation comes from within



Nothing in life will motivate you quicker than your inner desire to achieve something. As human beings, the thing that motivates us the most is when it benefits us from within that brings us happiness. Since happiness develops from within, you need to find the reasons within you to help you stay motivated to accomplish your goals and dreams. When you have the right motivation from within, you will have so much energy, strength, and patience to achieve whatever you set out to accomplish.

Love yourself



The person you have to deal with the most in life is YOU. In this case, you want to build and have the best relationship you can with yourself. For example, you want to take good care of yourself. You want to love yourself like you love another person. You want to improve and become a better person daily. The more you take care of and improve yourself, the more you can appreciate and accept who you are as a person, and the happier you become.

Knowledge



Knowledge means something different to different people depending on how they apply in their life. You have to take what you have learned and see how it can apply it in your own life. People cannot show you how to apply the knowledge because each person will apply the knowledge differently depending on each person's lifestyle. When you apply the knowledge the same way as other people, then you are living other people's lives.

Happiness is moving toward your goals



As long as you are moving toward achieving your goals and dreams, you will always experience happiness. Happiness is in the action you take, and not about the destination. In addition, it is unlikely for you to accomplish all of your goals because as you achieve a goal, a new goal will manifest for you to pursue. You will never stop developing and pursuing your goals. Even though you will never accomplish all of your goals, which is perfectly fine. As long as you are moving toward becoming better and trying to achieving your goals daily, then that is happiness.

Become a lifetime learner



In today's society, success is not a destination, but requires constant learning and development. If you are successful today, you might not be tomorrow if you do not keep your success status alive by learning and developing new ideas to keep up with the current trends. However, it is difficult for you to keep on improving on something if you do not love what you are doing. That is why to become successful, you have to love what you are doing.

Reinforce your goals



Reinforce your goals daily. When you do not take action to keep your goals alive, your mind will think you are no longer interested in them, or that you are giving up on them, so it will stop finding ways to achieve your goals.

You need to make sure your goals remind active.

Keep your goals and dreams alive



In life, in order to keep your spirit and soul alive, your goals and dreams have to be alive. As long as you are moving forward daily to reach your goals and dreams, fulfillment and your purpose will be available. It is not about how fast you can accomplish your goals, but it is about keeping them alive. If your goals and dreams are not alive, then your spirit and soul are not alive, which means happiness cannot exist. Give yourself a chance to experience happiness by keeping your goals and dreams alive. Keeping your goals and dreams alive means you are actively taking steps to get closer to them.

Good vs. Great



You have to be willing to give up the good to receive the great. When you have too many things in your life already, new things cannot enter because there is no room for them. So if you believe that something else will bring you happiness, but it is not coming to you, then you have to make room for it. Look through your life and see what you need to throw out or let go of. This could be people or things that do not necessarily fit into your life at the moment and are taking up space. When you have more space in your life, then new things and people will start to enter into your life.

Reinforce your accomplishments



When you have trouble moving forward, look back at your accomplishments and achievements, and use them for motivation. Do not be intimidated by how far you still have to go because it does not matter what you want to achieve, the road always looks long. Learn how to stay focused in the present moment and reinforce your accomplishments when in doubt and when you need motivation.

Acceptance is the key



Before you can change or improve something, you have to accept and like what you already have and appreciate it. Acceptance helps you to understand the problem or whatever you want to change clearly so you can look for the right solution for it. Even though there might be some negative aspect about something, it is all about your perception on how you see and use it. In addition, without the negative, you would not have the opportunity to take action to improve it, right? Be thankful for what you are going through as it gives you the opportunity to take action to make yourself and the world a better place.

Create the life you want NOW



The main cause of fear is the unknown future. To help you eliminate the fear of the unknown, make sure your current life is what you want. If it is not, keep taking action to develop the life you want. When you take action in the present moment to make your life better, then you will be less fearful of the future. The main reason why many people are afraid of the future is because they are not happy with their current life, and are afraid that their future will be the same. In this case, look through your life and see which areas need improvement and start working on them, and take out what is not working.

Develop a big purpose



When you have a purpose that is bigger than yourself, it will not only help you, but all living beings on earth. You will receive so much energy from every direction to help you fulfill your life purpose. When that happens, nothing will stop you. It does not matter what happens, you will always have the energy to get things done, pick yourself back up and keep on moving forward. It will seem like as though you never run out of energy when you have a strong purpose in life. Make your mission in life to discover what your life purpose is because it will be worth it. Never underestimate the power of your life purpose.

Know happiness



In order to know what you want, you need to know what happiness is. Many people fail to achieve what they want in life because they do not know what happiness is. They are doing things that are not related to their own happiness. The first step is to know what happiness is, and then you can start to look and create things that will bring you happiness. Otherwise, you would be doing random things. If you haven't achieved or gone toward what you want in life, take some time to research and learn what happiness is. The more you understand what happiness is, then you will start to make better decisions toward the life you want.

Passion helps you become optimistic



When you develop your passion, you feel optimistic about the future, because you know what you are doing and where you are going. You feel that your future would be great because what you are doing is bringing you so much happiness in the moment. If you keep up with your passion, it will bring you great things and outcomes in the future.

Solve your problems



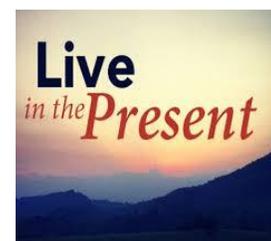
The faster you solve your problem, the faster it will be out of your mind, and the lower your stress level becomes. The only reason why your brain keeps on thinking about your problem is because it is unsolved. The more you think about the same problem, the more stress you will develop. The only time when the problem and your stress go away is when you solve it. Make a list of options for your problem, and then choose the best solution and take action right away. If the first method does not work, then go to the second method. Do not stop until your problem is solved. When you are constantly taking action, the brain has something else to focus on instead of the problem, which means your stress level is reduced.

Be around healthy individuals



If you want to become a healthier, one way is to surround yourself with healthy individuals. You will learn and be exposed to their healthy habits. The more you are around them, the sooner you will start to develop the same healthy habits as them.

Live in the present moment



The future has to develop from somewhere, and that somewhere is the present moment. If you are happy in the present moment, then you will be happy in the future. Do not ever think that you should suffer now so you can be happy later. Do whatever you can to bring yourself happiness in the present moment. For example, do not postpone something that you know will bring you happiness. Even a small step toward your happiness is better than nothing at all. As your happiness grows, it will be easier for you to take bigger steps to increase your happiness.

Unlimited possibilities



The world offers unlimited opportunities. It is up to you to seek out those opportunities. It does not matter what you want to achieve, it is available to you if you are willing to take the time to learn about it. In addition, there are many things that will bring us happiness and make us stronger that we are not aware of. When we are not aware of those unknown things, it is difficult for us to pursue them. In order to know what is out there, try to read new things, go to different places, talk to different people, and expand your circle of influence. The more you are exposed to different things and people, the more opportunities will be available to you.

Have strong purpose for your goal (goal tip)



In today's society, it does not matter what you want to achieve, there are thousands or even millions of people who have already accomplished what you want and have left clues everywhere for you to achieve the same things.

It is only up to you and your determination that will determine your success. The question is, "How motivated are you to achieve what you want?" The answer lies in how many action steps you take and how motivated you are to overcome challenges, struggles, and roadblocks. To increase your determination, discover your purpose behind your goals. Do you have the right purpose that will motivate and inspire to get out of bed feeling excited to accomplish your goals? The stronger your purpose, the stronger your motivation and determination levels become.

You must discover your passion



If you want to do great things, then it is important that you discover and unleash your passion. You will be surprised by what kind of knowledge and ideas will manifest to help you become creative and successful when you unleash your passion. Nothing will unleash your strength and talent quicker than your passion.

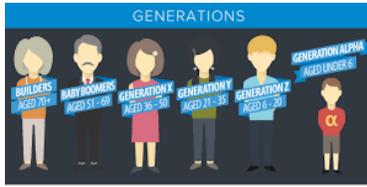
Be yourself



When you are being yourself in this world, you are achieving the highest accomplishment of being a human being. In today's society, we are influenced in many ways not to be ourselves.

Whenever you turn on the television or the Internet, they try to influence us to be this or that. There is nothing that motivates and inspires us to be ourselves. And in our families, we are compared to others who are more successful than us. It does not matter where we turn, someone or something will influence us to be someone else. If you can be yourself, you should be very proud of yourself.

You are not your past generations



It does not matter what kind of life you were brought up in, you have the strength to develop and live the life you want. In today's society, it does not matter what you want to do or achieve, there is a way. Do not believe that because you were born into a poor family, you are meant to live the same lifestyle. The main reason why you were born into a poor lifestyle is because your past generations did not know or use knowledge correctly to help them live a more successful life. No one is meant to live any lifestyle. The lifestyle you are living right now is because you were raised to live so, but you do not have to. Yes, you might have a disadvantage compared to others who were born into a more advantageous lifestyle, but you can develop and live any lifestyle you want when you learn the right knowledge, and have self-belief, persistence, and determination.

Become a better person



When you become a better person, it will not only benefit you, but also other people and things. As you become a better person, your behaviors and actions will become positive and that will benefit everyone and everything, and can assist the world to become a more peaceful place to live. To become a better person, each day take some time to improve yourself, such as exercise more, eat healthier, read more, help and encourage others, build your strength and talent, or any other activity that can help you become a better person.

Create your own exercise



Creating your own exercise routine will increase your motivation to exercise. Many people copy other people's exercise routine, not knowing that it does not fit their body or lifestyle, which decreases their motivation to exercise. If you try out one routine and it does not work, then create a different one until you find the right one for yourself. With the right exercise routine, you will always have the motivation to exercise.

Give yourself permission

give yourself
permission to



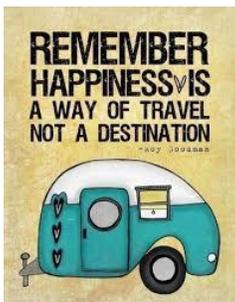
The first step in achieving anything is to believe in yourself. It is not the lack of knowledge or skill that is stopping you, because you can always learn them. When you believe in yourself, you are allowing and giving yourself permission to unleash your strength and talent. When you say no to yourself, you are not giving your strength and talent a chance to grow. You have to give your strength and talent permission to grow by saying and believing in yourself that they are possible. As you learn and apply new ways to make your strength and talent stronger, you will accomplish great things.

Create your own life



There is no better feeling than when you have the choice to wake up every morning whenever you like, go to sleep whenever you like, and do whatever you like in your own way and time. When you have the freedom to guide your own behaviors, then there is no better feeling. Each day, try to guide your behaviors to improve or grow yourself in ways that allow you to live your life in your own way. This includes your health, relationships, career, and other areas. When you reach that level, then that is true success, happiness, and freedom.

Happiness is the way



If you want to have a guide in life to help you do and be better, then discover and know what happiness is. When you know what happiness is, it will reveal what you need to do with step by step to help you get where you want to be in life.

Struggles are strengths



When you face challenges and difficulties they are the best opportunities for you to grow your strengths and talents. When you go through something easy, your brain does not need to unleash much strength and skill. However, when you face something difficult or out of your comfort zone, your brain will dig deep down to unleash your hidden strengths and talents that you have never thought of to help you become successful.

Goals lead to opportunities



When you develop goals, you are opening a pathway for opportunities to enter into your life. However, when you are unclear about your goals, you scatter and choose the wrong opportunities. Make your goals as clear as possible, and opportunities will then become clearer and easier to grab onto.

Be clear on what you want



Before the brain can unleash the knowledge and skill to help you become successful, you have to be clear on about you want. The clearer your wants and goals, the faster the brain will unleash the knowledge and skill for you. In addition, if you need other people help on the way, they will manifest at the right time if you truly know what you want. However, before you know what you want, you have to know who you are. One of the best ways to learn more about yourself is through personal development or by learning about human potential. Understanding human potential will help you to understand what the purpose of human beings is and how to unleash your strength and talent that are already within you to help you achieve what you want.

Be the example



The best way for others to see how you want to be treated is to show them examples of how you treat yourself. If you treat yourself kindly, others will treat you kindly. People cannot give you what you want unless you show them first. If you want more of something, be a role model for others to follow. When people can clearly see how you want to be treated, they will treat you the exact same way.

Eat a variety of food



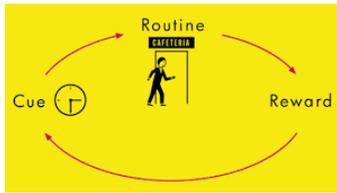
Since your body needs different kinds of nutrients to stay productive and healthy, it is important that you eat a wide variety of foods. No one food has all the nutrients that your body needs. The wider your variety of foods, the better chance you will get all the nutrients your body needs.

Step outside of your comfort zone



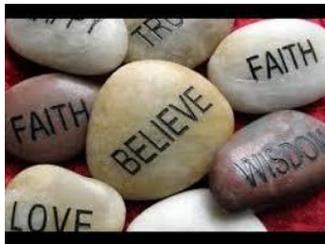
Focus on goals that push you out of your comfort zone, or force you to learn and apply new strengths. Those are the goals that will build your inner strengths that will increase your happiness. The process of achieving your goals is more important than achieving your goals. If you haven't overcome many challenges to achieve your goals compared to another person who went through many challenges, then you have not gained as much strength and skill as the other person. Your strengths and character can only grow when you use them to overcome challenges. What you gained from within will determine what kind of person you will become.

Build your daily activities



In life, it does not matter what you want to accomplish, you must work at it on a daily basis to become successful. For example, to gain strength, it is built up daily with small action steps, not by one or two days of applying them. So if you are not where you want to be, check your daily behaviors. Are your daily behaviors taking you closer to your goals and dreams? If not, what can you do differently to change your daily behaviors to get where you want? The change does not need to be massive, it can just be one simple step, such as reading an extra 5 or 10 minutes about something that you want to achieve. Then can build on that habit by increasing the time or applying a new positive habit that will take you closer to your goals and dreams.

Improve your spiritual health



Spiritual health is important in life because it helps you develop a belief system that can guide you to live life with joy, purpose, meaning, fulfillment, and happiness. It can also help create and or increase positive qualities such as forgiveness and generosity, and help you live out your full potential.

Give



As human beings, one of our needs is to serve and give to others. When we are not giving or serving others, our life is meaningless, and that is no way to live our life. Our main goal in life is to earn a living by serving others through our strength and talent. If your work allows you to use your strength and talent to serve others, then you are on the right path. If not, then take at least 2-3 hours a week to apply your strength and talent through volunteering or any other way possible. If you are retired, it is important to continue to serve others by volunteering because it will keep your spirit and life meaning alive.

Passion decreases the need for materialism



The stronger your passion becomes, the happier you will become, and the less desire you will have for material objects. When your heart is filled with happiness, your heart will have less room for material objects so you would crave less of them.

We are connected



In life, everyone and everything is connected to each other. We need each other to live successfully. For example, when someone we love is suffering, we also feel their pain. The main reason why we feel each other's pain is because we are connected. When we suffer, others people suffer. When we are happy, others will also experience happiness. When others suffer, we suffer. When others are happy, we are happy. It is very important to take good care of yourself and everyone you interact with.

Exercise is not for weight loss



Many people today still believe that the main purpose of exercising is for weight loss. However, weight loss is merely one of the benefits, exercise improve your all-around health. When you understand that exercise is not just for weight loss, you will have more motivation to exercise because the many benefits of exercise can be inspirational.

Set your own standards

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It is important to set your own standards, and not let anyone pull you away from them. People tend to want to pull us to their standard, which is problematic because when you conform to other people's standards, then you are reacting to their schedule and life. And that is no way to live.

No need to defend yourself



When you know what you are doing is the correct thing, then you do not need to explain or defend yourself when someone disagrees with you. People tend to explain or defend themselves because they know that they might be wrong, so they would defend themselves so as not to look bad. As human beings, we do whatever it takes not to be wrong in front of others. However, when your heart knows that you are doing the right thing, you do not need to do anything else.

Build a relationship with your body



Your body responds according to how it is nourished. If you do not feed your body what it needs, then it will send out signals for you to resolve it. If you ignore the signals, you will eventually become numb to them, and soon, you will not know when you need to take care of your body. This is how sickness and disease can develop. You want to learn how to interpret your body's signals, and build a positive, healthy relationship with it.

Create a life foundation



Everything in life needs a good foundation. A foundation will help you pull yourself back up after a setback or failure. There are 5 areas that you need to develop a strong life foundation: self-esteem (give you the ability to believe in yourself), your passion (give you motivation and inspiration), health (give you energy and strength), stress management (give you the ability to stay in balance), and goal setting (give you the ability to stay focus in life). The stronger these areas become, the stronger your life foundation becomes to help you overcome failures and obstacles.

Try your best



In life, it is impossible to achieve everything successfully on the first try because we are not perfect. The most important thing to remember is to work 100% and try your best at whatever you want to achieve. As human beings, when we truly put our best effort into something, winning or losing does not really matter. Losing will not disappoint us. The sad thing is that many people do not put their best effort into their tasks, but they believe they do. As a result, when they cannot accomplish a goal, they feel bad or disappointed about themselves.

You have the power



When it comes to creating problems, everyone can do that. However, when it comes to solving problems, we tend to say that only a few can do that. As human beings, if we are able to create problems, we also have the ability to solve problems. We cannot have one without the other. In your life, when you have a problem, remember that you also have the ability to solve the problem. Sometimes the right solution might not manifest right away, but with discipline and persistence, you can solve anything. When everyone has this positive belief, the world will be changed.

You have great potential



Believe that you have great potential within you. Every human being does. Do not think that only certain people are born with great talents.

The first step to realizing your potential is to believe in yourself and your talents. When you truly believe in yourself and that you have great potential, you are allowing your brain to start looking for ways to grow your strengths and talents to reach your full potential. You are opening the door for your potential to develop and grow.

Set your own goals



It is important that you only set goals you truly want, and not because “everyone else is doing it.” You are the only person who can take the action steps to achieve your goals. If you set goals based on others, then you would have little motivation to become successful. You have to understand that each of us lives a different life, which means each of us will set different goals. The next time you set a goal, make sure it is a goal that you want, and doesn’t come from external sources.

Take the first step



As human beings, we have more than enough knowledge to live life successfully. You just need to believe and start taking action. The only reason why you might believe you do not have enough knowledge is because you haven't taken enough action steps. The more action you take in what you currently know the more knowledge will unleash. The brain only unleashes the knowledge as you need it, not a minute sooner or later.

Stand out from the crowd



You have to understand that you are born unique and meant to be different from everyone else, which is the main purpose of being a human being. The more different you are from everyone else, the easier for you to live out the life you are meant to live. The easiest way to be unique is to be yourself because your behaviors and actions will come out naturally compared to when you try to fit in with others. In addition, what people want to see is your uniqueness and what you can do differently from other people.

Stay focus on your purpose



When you decide to start something, you have a good reason for it, otherwise, you would not begin in the first place. So whenever you decide to quit because things get difficult or you hit a roadblock, focus back on the reason why you started in the first place. Always keep your reason up front to help you overcome your challenges. When you face a challenge or hit a roadblock, it is not a sign that you should stop, it is just something that you have to go through to reach your destination. It does not matter what you want to achieve, you will face challenges and roadblocks. If you quit every time you face a challenge or roadblock, then you are unlikely to achieve anything great in life.

Body and mind connection



Your body and mind are connected. When you take care of one you take care of the other. When you understand this, you will take care of both of your body and mind equally because they affect one another.

Think positively



As human beings, the great thing about us is that we have the ability to label what is positive or negative, failure or success. In life, there is no positive or negative. Positive and negative only depend on you and what you label as positive or negative. There is also no failure or success. It is up to you how to see and use your experiences and what you label and make of them. When you learn how to react and see the positive in every experience, then there is no failure. Learn how to grow yourself to become stronger than any experience, and then you would see that there is no negative experience in life, but opportunities to grow yourself.

Build positive emotions



In life, nothing really matters except how you feel within yourself. The thing that determines how happy you will become is based on your emotions. As human beings, everyone has the same kinds of emotions within us. However, it depends on you on which emotions manifest and take control of you. Learn how to control your emotions, otherwise, they will control you. If you do not want an emotion to manifest, then do not engage and make it stronger by giving it attention. The more attention you give to a negative emotion, the stronger it will become, and soon it will take over you. Instead, use a productive method to decrease that negative emotion. In addition, you want to focus on your positive and productive emotions and grow them. The stronger they become, then they can overpower your negative and unproductive emotions. When you have strong and supportive emotions, nothing from the outside can pull you down.

Be a good listener



If you can learn how to listen well, you would have fewer problems in life. The main cause of misunderstanding is the lack of listening. We are so focused on getting our own points across to other people that we do not put enough time into truly listening to what the other person has to say. And the funny thing is that most of the time, what people say is very similar to our own ideas. The only difference is that each of us expresses our view in different ways. When we hear it in a different way, we believe that it is a different viewpoint, but it is actually the same. In this case, if we learn how to truly listen to others, then we would avoid many arguments, which then lead to understanding.

The purpose of goal setting



The greatest benefit of goal setting is that it builds a habit of taking action. It disciplines you to prevent procrastinating. When you build the habit to taking action, then you will not need to go through the steps of goal setting, but go straight into taking action. So, when you are used to accomplishing your goals, it is because you are used to taking action.

Do not fight fire with fire



Learn how to stay calm and be positive in all situations. When you behave negatively to another person, it is you that you are harming because you are taking the action, not the other person. In addition, when you fight fire with fire, you are only making the situation worse because fire cannot put out fire. When you fight back with fire, it would only make the other person angrier that will force them to fight back even harder. The only way to decrease hatred is to respond with understanding and love because those two things will not only help you stay calm, but also calm the other person.

Achieve your goals



Do not believe that you are not meant to achieve certain goals after you fail one or two times. When you develop challenging goals, expect to fail a few times before you find the right way to achieve them. It is impossible for you to achieve all of your goals on the first, second, or even the third tries because you are a human being. If you believe that your goals will make you happy, then do not ever quit on them because those are the goals worth pursuing. If you fail, then just find a different way to get there. Every goal has a successful path to it. You just need to be patient and do not give up.

Eat with no distraction



When you eat, make sure there is no distraction so you can truly enjoy your meal. This means no television, Internet, computer or laptop, cell phone, or books. Basically, the only thing you want to do while you are eating is eating. This allows you to enjoy it more, and also helps your body digest and absorb your food more efficiently.

It is not you, it's them



When people put you down, it is only because they want to feel better about themselves, and it is not about you. As a human being, when you are satisfied and happy with your life, you would have no reason to put others down because you already feel good about yourself. To help overcome that negative feeling when someone put you down, understand that it is not about you, but it is about the other person, and that you should feel sorry for the other person.

Forgive others



Forgiveness will set you free. When you forgive others, you are actually helping yourself, as it is not really about the other person. When you forgive others, it does not mean it was okay for the other person to treat you negatively in the past, but it allows your negative and uncomfortable feelings within you to fade away so you can have better experiences. When you hold the pain, suffering, and resentment within you, those are not good feelings and they will only harm you, not the other person. To help you let go of the resentment and forgive, try to understand and learn from the experience. When you can learn from something, then you can start to let go.

Focus on the positive



In life, what we focus on, is what we will expand and get. If you focus on the negative, then the negative will become stronger. However, if you focus on the positive, the positive will become stronger. It is as simple as that. If your life has not been as positive as you might like, then re-evaluate what you have been focusing on. One way to stay focus on the positive is to list down everything and everyone in your life and jot down the positive aspects of them, and then reinforce them as much as possible. The more you reinforce the positive, the stronger the positive become, the more positive your life will become.

Learn and adjust as you go



You have to take action to know what you did wrong and where to improve. You have to understand that the only way to get where you want in life is to take action and then learn and adjust as you go through life. This is the best way to achieve what you want in life.

Go big



You have to set big goals because those goals will give you motivation and energy in life. The more you focus on those big goals, the more energy and momentum you have to live your life with joy and purpose. These types of goals are also your anchor when you have a setback in life. When you do not set incredible goals, then you would have nothing to motivate yourself back up after a setback or failure.

Never give up



It does not matter what kind of life you develop, we all struggle with one thing or another. However, it is not the struggles that determine who you are, but the patience and persistence you have to overcome those struggles. In life, you can never give up on yourself because nothing and no one will come to your rescue. It is you who will make your life possible.

The real benefit



Many of us would look for a physical benefit to determine if it is worth pursuing or not. However, as human beings, we crave meaning, fulfilling, and happiness and those qualities can only be felt within our heart and come from mental, spiritual, or emotional benefits. When you look for those benefits, your motivation will increase and push you to do better and greater things to receive even greater benefits.

Passion and free of service



A sign of passion is being willing to offer your service for free.

When you do not share your passion with others, you feel uneasy and unhappy. Sharing your passion helps keep your spirit and happiness alive.

Show your feelings



The best way for others to know what matters to you is through your emotions. Your emotions are uniquely you, because they come from your unique heart. You would not develop emotions if you did not care. So, the stronger your emotions the more you care. Your emotions are the best way to know what you truly care about in life, so do not hide them. If you hide your emotions, then neither you nor others will know what matters to you. Your emotions also help guide to what you need to do in life.

Celebrate your successes



It is important that you celebrate all of your successes, small and big. When you celebrate your successes, you are acknowledging them, which makes them even stronger. Many of us have built the habit of believing that small accomplishments are “not a big deal”, and only the big accomplishments deserve a reward. However, if you want big accomplishments, small accomplishments need to be acknowledged first, because they are the building blocks of bigger and greater accomplishments.

Nothing is permanent



Nothing in this world is permanent. When you are going through a tough or difficult time, remember that it will eventually fade away with time. If it does not go away fast, then slow, because nothing stays the same in this world. You just have to believe that things can get better. Being positive, and in the present moment, will help solve the problem more quickly than not taking any action at all. There is always a light at the end of the tunnel.

You are in charge



You have to understand that you are the only person who can make your life successful. If you choose to wait for something to improve, or for someone to come around, then you will be waiting forever. No one has the time to make your life successful because they have their own life to worry about. When you truly believe that only you can turn your life around, then you will start to shift to a positive mindset. The right mindset is everything. Everything starts with your mind.

Persistence is the key



Persistence is the key to success and happiness. It does not matter what you want to achieve in life, if you are persistent, sooner or later you will find the method that will help you become successful. There is always a solution to a problem, however, that solution depends on your level of persistence. Sometimes you will find the solution for your problem or goal instantly, while other times it will take more time. With persistence, everything is within your reach.

Let go of your goals



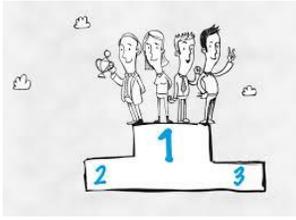
With today's high level of external influences, such as our family, friends, and the media, sometimes we develop goals that we do not truly want. If you tend to have trouble motivating and inspiring yourself to achieve your goals, then other people and things might be influencing you. If that is the case, it is important for you to let those goals go.

Control your thinking



Our thinking guides our emotions, which guide our behaviors and actions. Your prevailing thoughts guide your actions, which is what ultimately determines your happiness. Therefore, you want to make sure your thoughts are positive and empowered. Make a daily ritual to read something positive or empowering; even if for only 3 or 5 minutes, because those short minutes will add up and have a tremendous impact on your life.

If you are still alive, you haven't lost yet



If you are still alive, then you have not lost yet because you still have many opportunities to learn and fix whatever went wrong and have a victory at the end. The most important thing to remember is how you finish at the end. If you are determined to make things right, then you would never feel defeated, which means, you will never be defeated. It is never too late to have a victory.

Be patient



Patience is one of the best qualities you can have because great things do not come immediately. For example, it takes at least four years for many individuals to get their college degree. So why cannot be patient and work to get something we desire that brings us happiness? If you are patient with your life goals like you are patient obtaining your college degree, then you will receive many great things in life.

Nutrition and exercise



Exercise requires a lot of energy, so make sure your body is ready for the workout by eating correctly beforehand. Since you use a lot of strength and energy during a workout, it is also important that you eat properly afterward to regain and restore.

Acknowledge your fear



The best way to make the most of your fear is to become as familiar with it as possible. Most of the times, fear develops from something you have never done before. However, that does not mean that your fear will come true. Fear is just something that manifests when you're about to do something new. When fear manifests, let it come forth and become aware of it. It will go away when you acknowledge it. It is like when you acknowledge a child who keeps on bugging you for something. The moment you acknowledge that child, he or she will leave you alone. It is the same with fear; the sooner you acknowledge and face your fear, the faster it will fade away. In addition, remember that nothing lasts forever.

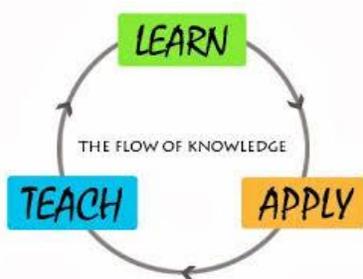
Be your own best friend



Since you have to deal with yourself on a daily basis, the best relationship you can ever build is with yourself.

In this case, you have to learn how to care and love yourself like you care and love for others. The more you care and love yourself, the more you will appreciate and accept who you are, the more you will enjoy spending time with yourself, and not feel the need to have others around to make you feel good. The best person that can make you feel good is you. Each day, do something to take good care of your body, mind, and spirit. When you do that, no one can ever take your happiness away because whatever you create, it is yours to keep.

Apply and teach



The best way to know if you truly understand something is by doing it. You might think you understand something, but it might not be what you think until you start applying it. There are two ways to see if you understand something. First, try to implement it in your life. If you can apply it successfully, then you understand it.

Second, try to teach it to someone else. If others can understand and apply it in their own lives, then you have truly mastered what you know.

Play games



You are never too old to play games.

Playing games is something you should do throughout your life because it keeps your spirit young and alive. Playing games is one quality of the human being spirit. Remember, you are never too old to play games.

Circle of influence



Your circle of influence will determine how successful and happy you become. The people in your life will either pull you down or lift you up. In this case, you want to build a circle of influence that motivates and inspires you to pursue your goals and dreams. Today, there are countless places filled with people with similar goals and dreams as yours who will push you to take risks and step outside of your comfort zone to accomplish your goals and dreams. If you do not have a positive circle of influence, do not be discouraged, just do some online research of places in your areas that could help you build a positive circle of influence.

Read success and inspirational stories



In today's society, a lack of motivation and discipline, more than a lack of knowledge, that prevents us from achieving our goals and dreams. One way to increase your motivation is to read other people's success and inspiration stories on how they overcame obstacles and failures. When you discover what others have gone through, especially successful people, then you can motivate and believe in yourself to embark upon the same journey of success as well.

Choose your friends wisely



The people you are surrounded with will not only determine how positive or negative you will become, but will also influence your career, health, and success. If you are not satisfied with an aspect of your life, check the people you are surrounded with, it likely they are negative. If you instead surround yourself with positive people, then you will become positive. That is how the nature of human beings works. If you feel like you are not as positive in life, then re-evaluate the people who you associate with, especially the people that you interact with on a daily basis. Remember to choose people wisely because they will determine your fate.

Do not complain



Complaining will not take you anywhere; rather, it will make the situation worse and create more stress. When you complain, you release negative energy that makes it more difficult to move forward. In addition, when you complain, you are reinforcing the negative things into your brain. It is important to become aware of the reasons why you fail, but do not allow the failing reasons to pull you down. The next time you fail on something, become aware of it and then start to look for a better solution right away. Do not reinforce your failure by complaining.

Do what you can now



When it comes to your goals and dreams, there is a good chance you will need to learn skills to become successful. However, if you believe that in order to start you have to know everything at the beginning, you will never do anything. So get started on what you already know and can do, but be flexible. Remember, accomplishing a goal is about learning new things, and if you have not learned anything new while achieving your goal, then that goal is not worth it.

Goal setting leads to personal growth



Goal setting will help you grow, especially goals that require something different or something out of your comfort zone. They require you to learn and develop new knowledge and skills. When you set the same goals over and over again, then you will be using the same knowledge and skill over and over again, and that will not help you grow.

Check your sources



Before you make a decision or believe in something, make sure you do your own research. Do not believe in someone else's word at face value, like from an article you have read or a broadcast on television because when you allow yourself to believe something, it is difficult to change your viewpoint afterward. The more you do your own research, the more confidence you become because your decisions and beliefs will have come from you, and not from somewhere else.

It is never too late



In life, it is never too late to achieve anything. You would rather be happier for a short period of time than not at all. Life is about the experience. When you are able to feel that sense of true joy and happiness from whatever you are doing, it would be worth the journey; even if it is short journey. Remember, happiness is the journey, not the destination. In addition, you do not want to have the thought "what if" inside your head because that insecurity will prevent you from trying new things, setting new goals, and enjoying life.

Eat the right amount



It is important that you eat the right amount and type of food for your body. When you do this, you will not only provide strength and energy for your body, but also for your mind. One way to help you discover how much you should consume is to take your body composition numbers, where you discover your fat, water, muscle, and other body percentages and ratios. You can have this done at any doctor's office, or health and wellness centers, or you can even buy your own body composition scale or device. It is important that you stay focused on your body because each of us have different bodies and lifestyles, therefore different requirements.

Start right now



As human beings, we have the tendency to want things to be perfect or to come at the right time in order for us to start taking action. However, it is an illusion to believe that there will be a right or perfect time to start something. There is no perfect time in the future to start something. The best time to start anything is now. If you wait, you are actually making excuses not to take action. Do the best you can to research and prepare, and then start taking action right away. Use what you already know and have and take action. New knowledge and skills will manifest as you are taking action.

Every problem has a solution



It does not matter what kind of problem you have, there is a solution for it. Do not simply accept a problem simply because you did not yet find a solution. Many people tend to give up because they believe that there is no solution after only trying once or twice. However, in this world, for every problem you have, there is a solution. The problem would not manifest if the solution is not there. Sometimes you might not find the solution right away, but be patient and keep moving forward until you find the solution.

90-10 rule



In life, things are not difficult to achieve, it just requires patience and discipline. Success and happiness require repetition. It is about applying the knowledge and skill over and over again that will bring you success and happiness. In this case, life is 90% discipline, and 10% reward, which means you need to be patient and persistent in doing what you need to accomplish.

Goals help you stay focus in the present moment



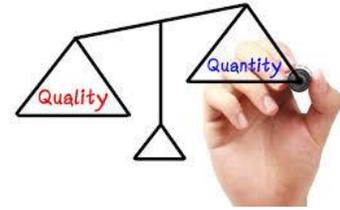
When you have goals, your mind focuses more so on your present action steps than on the future. If you tend to romanticize the future, then that means you are not setting enough goals to motivate and inspire you. You want to set goals that make you feel good to be alive in the present moment.

Learn as you go



The best way to discover what you need to fix is through taking action, and learning as you go. If you do not take action, then you will not know what you need to improve. The great thing about knowing exactly what you need to improve is that the right people and resources will manifest to help you on the way.

Focus on quality



In life, it is about quality, not quantity. How well you do something determines your happiness. You would rather do fewer things and become successful than to do many things and fail. You want to discover those few things and the people who bring you the most happiness in life, less than 5, and focus and develop them. The stronger these areas become, the happier you will become. In addition, when you do well on something, your appreciation starts to increase, which will also increase your happiness level.

Passion increases patience



When you discover your passion, you will have a high level of patience because you will work as long as it takes. Engaging your passion brings you so much happiness that you do not want to give up; in other words, patience does not mean sufferance.

Four types of exercise



There are four types of exercises to keep your fitness level up. First is endurance, which helps your heart become stronger, and provides you with more energy. Second is strengthening, which helps with building muscles. The third is balancing, which helps your body to maintain balance with itself. Fourth is stretching, which allows you to move freely without pulling muscles and flexibility.

No right or wrong



In life, there is no right or wrong way of living. There might be a better way to do something, but it is not the right way. You decide what is right or wrong for your life. Sometimes something might seem wrong for one person, but it might not be for another person because each of us is living a different life.

Happiness is a full-time job



Achieving and experiencing happiness is like learning any other skill. It requires time, discipline, and hard-work. If you work 8 hours a day at work to earn an income or spend numerous hours a day to study to earn your college degree, then you also need to spend the same amount of time, or even more to learn and experience happiness. Happiness does not come to you without learning and discipline, and you need to make time for it. The more you learn and apply the correct tools about happiness, the happier you become.

Different support groups



In life, we have many areas that we want to become successful in such as family, relationship, and career. However, in order to become successful in those areas, we need support from others. If your family does not support you, then you must seek out other people who will. For example, there are many places filled with people who have similar careers who will motivate and inspire you to achieve your career. The same goes with your health. If your family does not support your path of health, then find others who will support you. You just need to seek out those people, because when the right support group, you have a higher chance of becoming successful.

Three areas of happiness



The three areas that you want to focus and build in life are your career, family, and health. Since you have to deal with these three areas on a daily basis, they are worth your attention, because they will either bring you happiness or suffering, depending upon how well you take care of them. The right career will give you meaning and purpose in life. Your family will give you happiness. Your health will give you the energy and strength you need to tackle life obstacles successfully. The stronger these three areas become, the more stable and stronger you become.

True happiness



True happiness is not about the individual, but about the collective human race. When you are a truly happy person, you will discover that yours happiness and others' happiness are the same thing. When you have opportunities to make others happy, you would try to do so. That is true happiness.

True leaders



A true leader needs compassion to understand other people, and nothing gives you greater compassion than passion. With passion, you can push through the difficulties and set a good example for others to follow and believe.

Ask for help



Do not be afraid to ask for help. It is just impossible for us to know everything. Asking for help is not a sign of weakness, but a sign of strength and courage. In society, we are influenced to hide our weaknesses. However, in order to improve our weaknesses, we need the help of others.

Become a lifetime learner



New knowledge is always being discovered, which will help you improve yourself. For example, one of the reasons why current people live longer is due to 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 live life successfully.

Do not over train



Even though exercise is good for everyone, exercising too much or over training your body will not get you the results you want. The body can only handle so much at one time. If you over train your body, then you will not get the benefit you are after, and you could also injure yourself. It is important to learn how to exercise correctly.

Independent person



People have the tendency to wait for others to act before they act, therefore, you should learn how to be comfortable acting without others acting first. If you wait for others, then you will be waiting forever to fulfill your goals and dreams, because other people have different goals and dreams. If you wait for others, then you will be waiting forever. Learn how to be comfortable working by yourself. As other people see how great and successful you are becoming, they will soon follow and act alongside with you.

Free your dream



The great thing about living in America in the 21st century is that you have the best opportunity to go after your dreams. It does not matter what you want to achieve, there is a way. Before you can achieve your dream, you first have to believe that it is possible. Surround yourself with people who support you and your dream. It is not that you do not have the ability to achieve your dream, it is the people you are surrounded by that are pulling you down, especially at the beginning when your motivation level might be low. In this case, do whatever you can to be around people who encourage you. Today, there are countless groups you can attend or join that will motivate and inspire you. Do a simple research online and you will be surprised by how many opportunities will appear.

Self-education



Formal education will provide you with methods and theories, but self-education will give you the application methods to apply your knowledge. Today, the school system is only teaching you methods and theories, not application methods. However, knowledge is useless without application. It is only when you apply what you know in your life when it becomes useful. In this case, it is up to you to self-educate yourself on how to apply the methods and theories that you have learned into your life. Each person will apply their knowledge differently, depending on their lifestyle. The more you apply knowledge into your life, the stronger and better a person you become, which will result in a more productive and happy life.

Action decreases fear



In life, the longer a negative thought is in your mind, the more doubt you will have, especially about things that make you happy. When you do not take action, external factors will start to influence you, such as your family, friends, the media, teachers, or society. Everywhere you go, those things will constantly make you doubt your happiness. The longer you do not take action, the more doubt and confusion you will have. You need to take action right away the moment you have a great idea. The more action you take, the less fear you will have. Even though you might not believe in your action 100%, taking action will decrease your doubt and fear more than not taking action at all.

Follow a belief system



You want to create a belief system that you can refer to and follow. A belief system is simply a collection of beliefs and values that you have. To create a strong belief system, you want to educate yourself as much as possible to discover which knowledge, tools, and methods fit into your life. Therefore, when you have to make a new decision, you will have the best knowledge, tools, and methods to guide you.

Set goals correctly



In life, in order for our spirit and happiness to keep on growing, we need to have something that keeps on pushing us forward. The best way is through goal setting. If you set goals correctly, they will motivate and inspire you to do great things. Goal setting helps you learn new knowledge and skills that will expand your horizon to live a more successful and happier life. If you do not wake up every morning excited about your life, it is time for you to set goals. If you set goals before but you were not motivated and inspired by them, you have not set your goals correctly.

Take action



In life, what matters are the actions you take. It does not matter what you know; if you do not apply it – your knowledge will not bring any benefit to your life. If you haven't taken action with what you know, either you do not believe in it, or you don't understand it well enough to take action. Take some time to educate yourself and understand the context, idea, or whatever the situation is. If you have done your research and still do not take action, then it might be because you do not believe in what you learned. We only take action when we believe.

Change starts with you



The only way for your life to improve is for you to take action and change. Do not think that your life will change when other people or something else changes. It is *your* life and no one else and nothing else will change to improve it for you. It does not matter who enters or leaves your life, your life will not change until you change along with it. You need to take the initiative and take action to improve your life. Other people will not come until you take the first step. If you need help along the way, people and things will come along to help you.

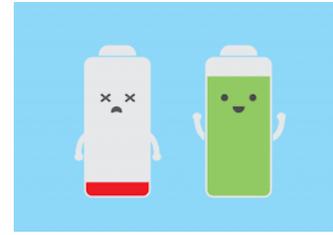
Healthy meal components



Every time you prepare and cook a meal, make sure you apply these four things.

- 1) Choose the right kind of food
- 2) Prepare and cook the food correctly
- 3) Eat the right amount
- 4) Eat with no stress.

Taking breaks



Throughout the day, it is important to stop and take breaks to recharge yourself. Do not believe that it is a waste of time when you stop. Today, the more you work does not mean the more productive you become. It is important to work smart, and learning how to stop and take a break is one way to work smart. When you take a break, you are recharging yourself, and when you come back to work after your rest, your mind is better able to focus and help you become productive and successful. Since we are living in a fast pace society, sometimes we have to remind ourselves to stop and rest. One way is to set a reminder on your cell phone or laptop to stop and take a break.

You are constantly changing



Human beings are living animals, and anything that is living does not stay the same. In this case, you will develop and change every second of your life. Do not expect others or yourself to be the same all the time. Whenever you experience or learn something new, you change. It might not be a big change, but you will still change. You could change for the better or for the worse. When you understand and see that you do not always stay the same, it means you have to constantly try to understand yourself and others in order to develop and keep strong relationships. The learning process never stops.

Appreciation



"The HAPPIEST people DO NOT necessarily have the 'BEST' THINGS. They simply APPRECIATE the things they have"

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, then most likely you won't appreciate what you will get in the future. If you can't handle what you already have, the world will not give you more. 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 receive, there is always a reason to appreciate that person or thing.

We are never the same



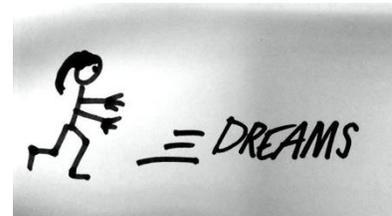
Human beings are living animals, and anything that is living, it does not stay the same. Throughout your life, you will develop and change every second. Whenever you experience or learn something new, you change. It might not be a big change, but you are still changing in one way or another. You could change for the better or worse. In this case, do not expect others or yourself to be the same. When you can understand and see that you do not stay the same, then it means you have to constantly try to understand yourself and others daily in order to develop and keep a strong relationship. The learning process never stops.

Self-belief is the key



Self-belief is the most important step to achieving anything. Even if you already have the knowledge and skill, self-belief will help unleash them at a faster pace. If you do not have the knowledge and skill, you can always learn them. However, you need self-belief so that you can learn and master the knowledge and skill. The best way to increase your self-belief is to increase your self-esteem. The higher your self-esteem, the more you will believe in yourself.

Follow your dream



The only time when great opportunities can manifest for you is when you follow your heart and go after your dreams. What is offered to you is requires that you take action. Do not expect great things to come to you unless you take the first step. You have to take the first step of getting started on your dream, and then the door of opportunity will manifest for you. Manifestation does not happen until action is taken. In life, if you want something, you have to do your part by taking action, and then what you desire will manifest.

Being rich

BE-RICH

Do more. Give more.

Richness is about how you feel. Do you feel rich? There are many people who have a lot of money, but they do not feel rich, so they try to get more money. Even though people might already have more than enough money to live a luxurious life, they do not believe they are rich because they do not feel it within themselves. On the other hand, there are many people who might not be as rich as other people, but they feel rich. Feeling rich is about living the lifestyle you want and feeling that you have more than enough in life. Appreciate what you already have in life, then you will start to feel that you have more than enough in your life, and you will feel rich.

Do not wait until you are weak



It is important for you to take care of yourself when you are healthy. You do not want to wait until you get sick and then start taking care of yourself because by that time it could be too late. When you are sick, your body and mind are not in a healthy state to come up with positive solutions you need to take care of yourself. In addition, it takes less time, energy, and money to take care yourself when you are healthy as compared to when you are sick, which takes more time, energy, and money to cure or treat something.

Learn new things



The only way for you to change or improve is when you challenge yourself.

There are two ways that you can challenge yourself. First, either expands and grows what you currently know to become better at it. Second, you want to learn new things because that requires you to learn new skill or knowledge. As you learn and grow, you become stronger, and you will change for the better.

Focus on your life



When you focus on your life, you have no one to compare it to, which means you have no one to race against. Learn and take in only what benefits you and leave the rest. You can go as slow as you like at your own comfortable pace and reach success and happiness on your own terms. All that matters is that you reach your own success level.

Suffering is happiness



In life, the things that bring us the most suffering will also bring us the most happiness when we overcome the suffering. There is a thin line between suffering and happiness. 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.

Failure is experience



Life is about trial and error. When you try something and it does not turn out the way you want, it does not mean that you failed. And it also does not mean you should stop finding different ways to accomplish whatever you set out to achieve. Society has influenced us to believe that if we do not find a solution within the first or second attempts, we should stop because we have failed. You have to understand that things do not always come easily on the first, second, or even the third attempt, especially things that are outside of your comfort zone. In addition, the great thing about trial and error is the experience. The more you try, the more knowledge and experience you will gain.

True friends



Always focus on quality than quantity, and this includes your friends. You want to build on one or two quality friends than among many who you do not have good relationships with. Friendship is not really about how many people are in your life, but how they make you feel. If you have many people in your life, but you still feel empty and they are not supportive of you, then it does not really matter if they are in your life or not. However, if you have one good friend that cares and makes you feel good and supports you, then that is worth more than having many people in your life. If you are lucky, you will find one or two friends that truly care for you. It is not easy to find them. Today, many people first priority is themselves. Even though some people might do something nice for you, it does not really mean they care for you. In this case, trust your instincts. Who are the people in your life that you make you feel good when you are around them?

Know your purpose



If you have trouble pursuing your goals, re-evaluate your purpose. Without the right purpose, you will lack motivation. Motivation is what we need today, not knowledge because knowledge is at our fingertips with just a simple search online. Before you start your goal, take some time to know and understand your goal's purpose and make sure it relates to your happiness.

Give no attention to negative people



When someone is putting you down, it is important not to fuel their energy by giving them more attention by being around them or talking to them. It is important to walk away from them immediately. You have to be strong, because you do not need to impress anyone. The only person you need to impress is yourself.

Make your life count



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, then 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 worth wild. The main reason why many people are afraid of death is that they have not lived their desired life, or there are so many things they haven't done/accomplished yet. When you think that you haven't lived the life we were meant to live, then you are more likely to be afraid of dying. 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 when you have the courage to go after your goals and dreams rather than not trying at all.

Never underestimate your passion



If you want motivation in life, unleashing your passion is the key. Many people would say that it does not matter if they find their passion or not because they do not know how powerful passion is. When you haven't experienced the power of passion, you believe it is not a big deal. However, the moment you get a taste of passion, it will change your life. Your attitude will change. The way you approach life will change. The way you interact with others will change. If something is worth discovering and pursuing, passion is one of them.

Expand your courage



How high is the level of your courage? Your courage will depend on how many action steps you will take to fulfill your goals and dreams, and how many goals you plan to achieve, especially goals that are outside of your comfort zone. The higher your level of courage, the more action steps you will take, and the more challenging goals you will develop. To help increase your courage, try to do things that you are fearful of. If taking a big step toward something fearful is too much of a leap, then start with a small step. After many small steps, the level of your courage will have increased.

Success is doing what you love



In life, there is a formula for everything. If you follow the formula correctly, then you will achieve your goals. Success is the same thing. One trait in the success formula is to do what you love, and you will be ahead of others who do not enjoy what they are doing. When you enjoy what you are doing, you can overcome every obstacle and reach success. Doing what you love will give you more patience, discipline, energy, and motivation to keep on moving forward to become successful.

Discover your dream



In life, we either follow our own dream or follow others, we do not stay neutral or do nothing. In this case, it is important that you learn and discover what your dreams are before others put their dreams on you. If you have ever done something that did not bring you happiness, then you have been influenced by others. The best way to follow your own dreams is to make sure you know who you are and what true happiness is. To understand more about yourself, learn and apply personal development and human potential concepts because you are a human being. Second, learn what true happiness is. When you have a deeper understanding of those two areas, then you can unleash your own dreams.

Discover and create yourself



Life is about discovering and creating yourself. First, you have to discover who you are, such as your strengths, talents, and passions. Then, you have to find ways to how to create yourself and become the best person you can be through your strength, talent, and passion. The more you use your strengths, talents, and passions, the more you will understand yourself and this will help you create the best version of yourself.

We all have greatness



As human beings, we are born with different strengths and talents, but we all have the knowledge, skill, and passion to become successful. The only thing that stands in your way is yourself. You have to believe that whatever you want to achieve, you can achieve. Today, with unlimited Internet content and advanced technology, you can become successful in anything if you believe in yourself. It does not matter what you want to achieve, there are thousands or millions of people who have already accomplished what you want and have left clues everywhere to help you accomplish the same thing. You just need to believe in yourself and take the time to do your research and find those clues.

Apply your knowledge



In order to receive a benefit from anything, it requires taking action. If you are not taking action, then whatever you know or wish for is useless. In addition, to make something stronger, it requires taking action. When you learn something new, it will not benefit you until you take action and apply it to your life. Whatever knowledge or wish you have, you must take action.

Stay calm



The best thing you can do in life is to learn how to control your angry and negative emotions. When anger develops, it will cause you more pain and suffering than the actual situation that started your anger. Anger will take the best of you and affect your entire life because anger has a powerful way of spreading very quickly. The two things you must understand to help control your anger is that you create your own anger, and no one else. Second, you are in control of your life, and you can always make the best of whatever is given to you; even in the worse situation.

Do not limit yourself



The great thing about the 21st century is that it does not matter who you are, you can achieve and become anyone and anything. With the advanced technology and the Internet, there is so much knowledge available to help you become successful. Even if you think you are not the person who you want to be at the moment, you can become that person. One of the best ways to help you become anything or anyone is to learn and understand more about human potential. Learning about human potential will help you to learn and understand that every human being has the knowledge and skill to become successful in whatever they desire.

Do fearful things



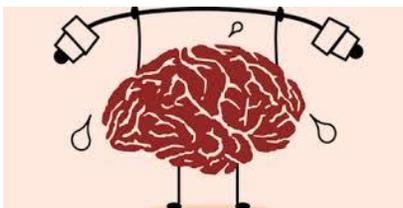
To increase your inner strengths, do the things that you are most afraid of. The more you face your fear, the more courage you will have. To help decrease your fear, learn as much as possible about what you are trying to achieve. Your fear will decrease when you do this because you will know what you need to do and you will have a plan to make it happen.

Be who you are



When someone loves you for who you are not, then they are not loving you because it is not you who they love, but a fake version of yourself. When people dislike you for who you are, at least you are being true to yourself, and that is the best thing you can do for yourself. In addition, it is a sign of courage to be yourself because it is not an easy thing to do in today's society. It does not matter who you try to be, there will always be others who will not approve of you. In this case, why not just be yourself, as this is the easiest path and the best person you could ever be.

Empower your mind



Everything you do depends on your mind. If your mind is strong, you can overcome and achieve anything. However, if your mind is weak, you will not be able to achieve much. Your body has more than enough energy and strength to overcome and achieve anything, it is your mind that you need to convince yourself that you have the energy and the strength you need. In this case, work on building a positive and strong mindset every day by reading positive or empowering stories, and be around positive people to help feed your mind to become stronger.

Improve yourself



It does not matter how small a step you take, it is important to take that step daily. As human beings, life is about growing ourselves. Sometimes we can take a big step, while other days only small steps, but the most important thing to remember is to keep on moving forward. As human beings, we never stay the same. We are either growing or dying. If you do not take a step forward daily, then you are dying. So whatever you do, take a step forward daily. It could be the smallest and simplest things such as complimenting another person, drinking one more glass of water, exercising for 10 more minutes or reading 15 minutes daily. There are endless ways to improve and grow yourself.

Settle your mind



The only time when your mind is productive is when it is clear and settled. Whenever you feel tired, upset, or angry, it is important to stop what you are doing and just sit and rest. The main reason why negative things manifest is that your mind is overworked or you have too many thoughts running inside your head, which makes it difficult for you to see your path or work clearly. Throughout the day, stop and relax periodically. Your body, mind, and soul will thank you later.

Improve your mental health



Improving your mental health will help you build a strong mindset to go after your goals and dreams. You will also be able to build healthy relationships with others and yourself. You are able to do things well and to apply your strengths and talents to accomplish great things.

The pursuit of knowledge



Knowledge gives us the ability to apply things in the world, which will result in more experience. The more you know, the more ideas, methods, and/or procedures you would have to use to test them out. When you know what is right or wrong, and what fits and does not fit in your life, you can make better decisions to create the life you want.

Enjoy the process



It does not matter what you plan to do in life, just make sure you enjoy it because it is the process that will bring you the most happiness, not the destination. Even if you take a long time to finish something, as long as you are enjoying it, you will still experience more happiness than someone who rushes to finish something and does not enjoy the process.

Be comfortable with yourself



In life, our goal is to become comfortable with ourselves. The more we are comfortable with ourselves, the more we can be ourselves. So when you try to change to please others, you are definitely taking a step backward because you are trying to change to become someone else. Learn how to accept yourself no matter what, positive or negative. When you discover your positive qualities, acknowledge and be proud of them. When you discover your negative qualities, also acknowledge and be aware and mindful of them. It does not mean you have to change who you are because of your negative qualities. Your negative qualities are part of who you are. However, make sure your negative qualities do as little harm as possible to others.

Turn difficulty to easy



In life, everything starts out difficult. It is not because you do not have the knowledge and skill to become successful, it just that your body, mind, and spirit are not used to doing something for the first time. In this case, the moment you take action, it will become easier.

The more action you take, the easier it becomes, soon it will become a habit. Always remember, habits do not develop until you take the first action. Take as much action step as possible, and it will become a habit before you know it.

Be a courageous person



To test out how strong your courage is, put yourself under pressure. You will be amazed at how much strength and courage you have when you are under pressure. When you are under pressure, your body and mind will come up with amazing things to help you become successful in getting out of difficult situations and to accomplish great things.

Start new things



One way to personal growth is to learn or start new things to grow your strengths and talents. If your strengths and talents are not growing, then your happiness cannot grow. If you are afraid to fail when you start something new, then just remember that fear is just an emotion and not the result of things. Your fear of failure will always be there, but it does not mean it will manifest. Starting from today, start something new. Even a small step toward something new will help grow your strengths and talents. As you keep learning and doing new things, your strengths and talents will grow, making it easier for you to do greater things in the future.

Think and act like the person you want to become



It does not matter who you want to become, you just need to learn how to act like the person you want to become. When you act and behave enough like the person you want to become, soon, you will naturally behave like that person. Those behaviors will become your habits. When anything that becomes a habit, it becomes part of you.

Fear is strength



There are two sides to everything. If you are afraid of something, that same thing also holds the strength, knowledge, and skill you want. The more fearful you are, the more courage you will gain when you overcome it. The main reason why we develop fear is because it is outside of our comfort zone.

Solve your problems on paper



In order for the brain to understand clearly what your problem is and to come up with the best solution, it needs to see the problem on paper. When the problem is in your head, the other thoughts and problems inside your mind will distract you from seeing the problem clearly. For example, in one minute your head will be filled with over 30 thoughts. With so many thoughts inside your head, the brain does not know which one to focus on. In order to separate the problem that you want to solve from the other thoughts inside your head, you must write it down on a piece of paper.

Understanding brings peace



There is a good reason behind every action. The main reason why we get upset or angry at others is because we do not have a good understanding of or know their reason for their actions. Even though we might not agree with what others are doing or saying, to understand their perspective, you reduce the chance of being upset or angry at them.

Peace starts with you



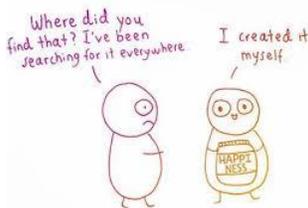
When you are at peace within yourself, your actions will also become peaceful, and that will benefit everyone, which could lead to a peaceful world. Your peaceful actions will set an example for others to follow. When people see that you are being peaceful, they will want to do and feel the same way,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

Never do the wrong things



The worst way to decrease your self-esteem is to act on something that you believe is wrong. Self-esteem is about believing in yourself, and when you do not believe in your action, the lower your self-esteem will become. Increase your courage enough so that you do not need to impress others and only act on what you believe is right.

Create your own happiness



Remember, happiness comes from within, which means it is up to you to bring yourself happiness, not people or things. Whenever you feel sad or depressed, evaluate why you feel sad or depressed toward certain things. Then try to discover ways how you can grow and become stronger than what is causing you to be sad or depressed. Ask yourself, "What can I do differently the next time to prevent myself from feeling sad or depressed when the same situation happens again?" When you are in control of your feelings and find ways to improve them, then you are truly creating your own happiness.

We learn from failure



When you fail, you have the opportunity to learn and apply new things. However, if you succeed, you would not need to discover new ideas and methods because you would be applying the same method over and over again. If you are not learning and applying new ideas or methods in life, then you are not growing. The more you fail the more you will be able to learn new things and grow. Learning new things is very important because without learning and growing, happiness cannot grow.

Passion and life



As human beings, we are born with a given talent, although we do not choose what that talent is. And it is your job and duty as a human being to convert your talent into a career to help you earn a living, to give you meaning, fulfillment, purpose, joy, and happiness, and make a massive influence on society and the world. Otherwise, you will deprive others of the service that they need from you to live life successfully.

Self-trust



Self-trust is important in today's society. In life, no one will ever know how to live your life better than you. In order for others to truly know what we truly want, they would have to know our deepest desires. However, in today's society, we have a very difficult time expressing out our deepest wants and desires to others because we have been influenced and raised not to show our emotions and to keep things to ourselves. It is very important for you to trust yourself in order for you to live the life you want.

Be alive



As human beings, we strive to live as long as possible. However, the most important question is why do we want to live? Being alive means you look forward to every moment of your life. Every moment is an opportunity to be happy. When you are truly experiencing every moment of life, then you are truly an awakened person. Learn how to look for the positive in things and you will start to look life in a whole new direction that will make you feel great to be alive.

Do not stereotype and discriminate



Stereotype and discrimination are the main sources of stress and suffering, and they come from a lack of understanding and respecting people and the human race. When you stereotype, it means you do not have a good understanding of the individual, so you make assumptions of who they are. When you discriminate, you also do not have a good understanding of the human race. Educate yourself about the human race will help you discover that everyone desires to be respected and to experience happiness. The more you understand about other races, cultures, and personalities, the less you will stereotype and discriminate them, reducing the amount of stress you cause.

Do the right thing



Success is about doing the right things. It does not matter how hard or how much time you spent doing the wrong things, you would never become successful. Spend sometimes in discovering your strengths and talents and focus on them because they will help you become successful. The more you focus on them, the stronger they become to help you become creative in coming up with ways to help you become successful.

Control your stress



It is important that you learn how to control your minor or acute stressors before they become chronic stress. In order to avoid chronic stress, you have to learn how to deal and cope with life situations as soon as possible, in a productive, positive way, and not avoid them. The more stress you hold, the better your chances are of it becoming chronic stress, and chronic stress can have a huge negative effect on your life.

Your life is your message



The most powerful way you can show someone to live well and happily is through how well you live your own life. Action speaks louder than words. Whatever you want others to do; you must first set an example for others to follow. You do not need to say anything for others to follow and believe in you, they just 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.

Fear is part of life



Fear is part of life. You cannot escape from it. No one can. Since you cannot escape from fear, then you have no other choice but to face it. If you do not face it, then it will give you a lot of suffering. However, the more you face it, the more courage you have. So make your choices, either experience suffering when you avoid fear, or courage when you face it.

Be around children



Being around children will increase your positive emotions. Children like to play, and play brings out joy. When you play with children, you also become more joyful. Remember, you are never too old to play.

Make your own choices



If your life is not what you want, then re-evaluate your daily choices. When you make a new choice, make sure it is taking you closer to what you want to achieve or become. However, making the right choice is not always easy because true success requires discipline. In addition, no matter what happens, you always have a choice. Sometimes the choice is obvious, while other times it might be unclear. Another tip to help you make good choices is to believe in yourself and follow your heart. That does not mean everyone will agree with your choices, but that is fine; the important part is that you followed your heart.

Put your life in your own hands



You are the only person who will make your life successful because other people have their own lives to worry about. In addition, no one knows your life better than you. So why would you allow other people to control your life? Your life is determined by the knowledge and skill you have within you, not by external factors. If you do not yet have the knowledge and skill, then you need to be in charge and find ways to acquire the knowledge and skill. When you do that, then it does not matter what happens to you because you will always be in control and be able to create your lifestyle you want.

Live a simple life



Living a simple life will bring you more happiness because you will worry less. When you have many things that you are afraid to lose, you always have the fear of losing your things. The stronger the fear, the more stress you develop, the unhappier you become. If you have a simple life, you are free to go do whatever you desire without the negative emotion affecting you.

Think positive



Everything starts with your mind and thoughts, and it is what you think about on a daily basis that will bring you happiness. For example, if you think constantly about what you do not have, then you will be miserable because you are trying to get things you do not have. Or if you constantly think that you are not good enough, then you will also be miserable. If you think that what you are doing is not bringing you happiness, then you will also be miserable. In this case, train yourself to think positively in every situation, and you would never be unhappy again.

Be irreplaceable



The best way to be irreplaceable is to be yourself. In this world, no one will ever be able to replace you because no one will have the same strength, talent, passion, and personality as you. The more you are being yourself the more irreplaceable you will become. Learn how to increase your self-esteem to believe in yourself that you have great strengths and talents, and then use them as much as possible. Each day, do something to grow your strength and talent, even the littlest things count.

Set goals that motivate and inspire you



Happiness begins with the energy and strength you have within you. In this case, you want to set goals that motivate and inspire you, that give you the energy to pick yourself up daily to move forward. As you take the steps to fulfill your goals and dreams, happiness will start to manifest. If your goals and dreams do not motivate and inspire you, then it is time to re-evaluate and or change them. Each day when you wake up, you should feel excited with energy to achieve your goals and to live life.

Success is hard work, dedication, and persistence



Success does not magically come to you without any work. You have to take 100% responsibility for your actions and make things happen. Success does not develop when someone gives you something or when something happens to you. Success requires dedication, persistence, hard work, and determination. If you didn't use those qualities to achieve something, then you haven't really succeeded.

Invest in yourself



Investing in yourself means spending money on things to improve yourself. Just as you would save money to go on a trip or vacation, you should save money to invest in yourself such as purchase new books or attend workshops or seminars. Becoming a better person is like anything else, the more you focus on it, the stronger it becomes.

Thrive



As human beings, we have a massive desire to do great things. However, in order for that to happen, you have to believe that you can, and not make excuses that only certain people are meant to do great things. Great things develop not because of people's talent and strength, but their courage to go for them. If you need help along the way, people and resources will manifest at the right moment to assist you, but first, you must have incredible goals and believe that you can achieve them. And most importantly, take the steps to get there.

Keep moving forward



In life, goals are to only guides for us to take the right action, but they are not things to make ends meet. It does not matter how slowly you do things to get closer to your goals, as long as you do not stop, that is the most important thing. Do not believe that you have to reach your goals as quickly as possible to be happy. Happiness is the steps you take to reach your goals and not the end destination. As long as you are moving forward, then you are experiencing happiness, even with a small step daily. If you stop, then you won't be experiencing happiness until you start to take action again.

Feeling great



As human beings, we like to be in a comfortable situation because it makes us feel good. However, feeling good is not good enough, we want to feel great. In order to feel great, we have to take risks, challenge ourselves, or do things that we have never done before. Feeling great is when you accomplish something that you have never done before because it will grow your strengths and talents. At the beginning when you start something new, you might feel uncomfortable and that might influence you to stop moving forward. However, that uncomfortable feeling will start to fade away as you push forward and keep on taking action. The more action you take the faster that uncomfortable feeling will fade away.

Focus on your breathing



The best tool to help you stay calm is to apply mindfulness. Mindfulness is the act of being in the present moment. The thing that you will always be doing in the present moment is breathing. Whenever you need a moment to calm down, focus on your breathing and take a few deep breaths, and that will help to reduce your negative emotions such as anger, frustration, or nervousness instantly.

Avoid the media



We have been influenced by the media and society to believe that things are not worth our time when we cannot accomplish them in a short amount of time. However, the things that you most desire take time. If we do not have the media's and society's influences, many more people would be going after their goals and dreams. If you are influenced by the media to believe that you need to achieve things in a short amount of time, you need to re-educate yourself on what true happiness is. In today's society, no one will teach you about happiness, you have to learn it on your own. Your parents will not teach you, school will not teach you, you are the person who needs to teach yourself. When you understand what true happiness is, then you will start to be less influenced by the media and society.

Decent friends



If you are lucky, you will find one or two true friends because it is not easy to find people who truly appreciate and accept who you are. Focus on building positive relationships with a few people, rather than many. A positive relationship takes a lot of time and work. When you have too many people in your life, you will not have time for everyone, or even enough for yourself. Always stay focused on quality, not quantity.

Attracting positive people



As a human being, you attract who you have become. So, the best way to attract positive people is to be positive yourself. When you are being positive, your positive qualities will manifest that will help you become a positive and happy person. Other people only want to be around positive people. If you are a positive person, you will attract other positive people. In this case, be the best person you can be by doing activities that reinforce your positive qualities. The stronger your positive qualities become, the faster you would attract positive people.

Self-reflect



You have to give yourself personal space to self-reflect about what your goals and dreams are. If you are always around people, then you do not have time to self-reflect because you are too busy interacting. Sometimes a goal or dream might sound good when you talk to others, but after you self-reflect, you may find it does not sound so good. This is because others can influence you to believe in certain things that might not be the best thing for you. And that is why you need your personal time to self-reflect to make the best decision for you.

Keep your life in balance



Keeping your life in balance means that you have to make sure you give priority to what is important to you. For example, if you have 3 priorities in your life, you want to make sure you give each priority enough attention and keep them in balance, otherwise, you will develop stress, and will suffer. Keeping your life in balance means nothing gets more or less attention than it is supposed to receive.

Say no



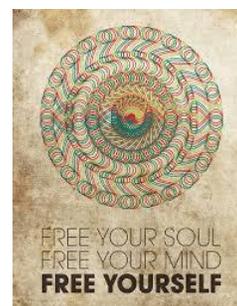
In life, there will be many people and things that will try to persuade you to do things that do not fit with your goals, dreams, and happiness. In this case, you have to build your self-esteem to be able to say “no” to them. If you always appease them, then you will not have time to do the things that are right for you. You have one life to do the things you want, so do not waste it by doing undesirable things for others. In addition, saying no does not mean you believe other people and things are negative, but you just do not have time to do things for others when you have your own things to worry about.

Trust your inner voice



As human beings, each of us knows exactly what we want and do in life. It is that little voice inside that gives all the right answers to your life. The answer might not be what you expect, but it has a purpose in the future. Do not put yourself down before you even give yourself a chance to accomplish your goals and dreams. The only reason you might doubt yourself is because your knowledge and skill did not manifest yet. However, the more action you take, the more knowledge and skill will manifest to help you get what and where you want. Whatever you want to do, do not doubt yourself. Take action and you will be surprised at what you are capable of.

Free yourself



Since each of us is living a different life, you have to be free to make your own decision about what is good, bad, right, and wrong. This means you have to free yourself from your family, culture, and religion to make your own decisions and not believe you have to follow or do certain things because others are doing so.

Create a life system



You want to develop a strong life system that you can apply daily, because then your actions become effortless. To create a life system, take some time to discover how you want to live your life, and create beliefs that you want to follow. Whenever you have to make a new decision, just refer to your life system. This way, you can make quick and effective decisions.

Be committed to your decisions



Be as committed as you can to your decisions because it forces your brain to unleash the knowledge and skill that you already have. Deep down, you already have all the knowledge and skills you need to become successful. The missing ingredient is your commitment level. The higher your commitment level, the faster your brain will unleash your knowledge and skill.

Keep your words of commitments



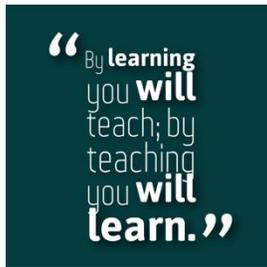
Self-esteem is about you, and when you break your commitments, you are mainly hurting yourself. You were the person who made the commitment in the first place, so the more commitments you break, the lower your self-esteem become. To help you keep your commitments, ask yourself these two questions “Am I making commitments that I want to keep?” Sometimes we agree to do them solely for others’ sake. Second, “Am I making too many commitments?” Remember, we only have 24 hours in a day, and a third of those we are sleeping, which means we do not have time to do everything. Only make commitments that you know you will have time for.

Make your own mistakes



The best way for you to take responsibility and improve yourself is through making your own decisions and mistakes. When you take advice from others, but fail, then you are more likely to blame on them, which means you place the responsibility of improvement on their shoulders instead of yours. And then you believe that the other person needs to improve, and not you. Whatever you decide to do, make sure it is what you want, and if you fail, then you have no one to blame, but yourself, which means you are more likely to change and improve.

Learn through teaching



When you teach, you discover where you lack understanding when you have a difficult time explaining the concept. In addition, teaching also reminds you to apply what you teach because it makes you accountable to do what you teach to others.

Attracting positive people



To attract positive and happy people, you first have to be positive and happy. It is important to not judge yourself harshly, but love the person you have become. When you treat yourself in a positive way, you will feel positive, which will attract positive people. You attract who you become.

Improve your physical health



Improving your physical health will give you the energy and strength to become productive and allows your body to be in top condition at all time.

Physical health is also about preventing and reducing accidents and injuries, and learning how and when to seek out professional and medical help when it is needed.

Be strong to quit



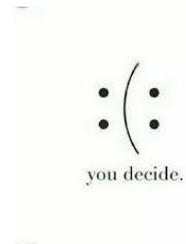
Since we are not perfect, sometimes we do things or set goals that do not bring us happiness. In this case, you have to be strong and quit the things that are causing you to suffer. It does not matter how much time you have spent doing the wrong things, you have to quit because the more you do them, the more you will suffer. You have to forgive yourself for doing the wrong things, so you can let go and start something new that will hopefully bring you happiness. To help you make better decisions about your life and goals, you want to learn more about yourself through personal development. The more you understand about yourself, the better decision you can make for your life and set goals that will bring you happiness.

Self-esteem



Building your self-esteem gives you the ability to take control of your life by not allowing external factors to influence you. Self-esteem gives you the inner strength to say no to others when necessary. Self-esteem gives you the courage to face your failures and step outside of your comfort zone and it allows you to believe that you have enough strength and talent to become successful. Self-esteem also helps you accomplish things quicker because you are less likely to doubt yourself.

Happiness is a choice



Happiness is something we can do and experience. It is up to you to decide if you want to be happy. Since happiness is about engaging things that will grow your inner strengths and talents, then it is important for you to discover your inner strengths and talents. Only then, can you take action to fulfill them. The more you take action to grow your strengths and talents, the happier you will become. If you do not have a lot of time to take massive action to increase your happiness at the moment, then take a small step. Even small steps are significant; many small steps add up to massive happiness.

Forgive yourself



It is very important that you forgive yourself for your mistakes. When you keep on punishing yourself, it is more difficult, if not impossible, for you to move forward. To help forgive yourself, look at your mistakes and how can you prevent repeating them. If you know that you can be better than before, then you have no reason to feel ashamed.

Become a happy person



The happier you become, the lesser stress you will have. When you reach to a point that your happy hormones overpower your stress hormones, then it does not matter what you do or what happens, you will be stabled and not develop stress. To increase your happiness, you want to focus on building your inner strengths such as self-esteem, self-confidence, self-worth, kindness, honesty, or your unique positive qualities.

Understand the media



To help you be less influenced by the media, educate yourself more about how they try to influence you. When you know and understand more about the media, you can try to avoid the methods that they are using to influence you. Sometimes the media unknowingly influence you because they do a very good job at hiding their methods.

Do not cram your schedule



When you have too many activities on your schedule, you are more likely to rush through them, and not enjoy them. When you plan your schedule, make sure you have enough time to do your activities comfortably so you can enjoy your activities. In life, it is about enjoying your activities, not about getting as many things done as possible.

Less is more



When you only focus on a few things, you get more benefits at the end. Benefits manifest when you give something the attention it needs. For example, if you do three things well, you will receive many more benefits than to if you do ten things poorly. Great benefits develop when you engage into something for a long time to discover their benefits. The deeper you get into something, the greater benefits you receive.

Do one thing at a time



It is important that you do one thing at a time mindfully until you finish that task, and then move on to the next task. When you are truly focusing on one task at a time, mindfulness can develop. Mindfulness is being aware of what you are doing in the present moment, and nothing else. When mindfulness manifests, your activity is more likely to become successful, which will give you a good feeling and bring you more happiness and less stress.

Find the benefits



When you have trouble experiencing joy and happiness in your daily activities, then try to find the benefits from those activities. Everything has benefits within it. For example, exercise might not be as enjoyable for some people; however, focusing on its benefits will make it more pleasurable, or at least tolerable. Take some time to research the benefits of your activities and list them so you can revisit and reinforce them. The more the mind can see the benefits, the more enjoyable the activity becomes.

Ask others what they want



Do not make the assumption that you know what others want merely because you have lived with them for a long time. When it comes to the things that we care the most about, we tend not to express them well to other people because society does not support deep sharing. When people do not share from their hearts, then you do not know their deepest needs and wants. It is important to ask them what their wants are without making assumptions so you can make better decisions when they are involved.

Common knowledge



There is no such thing as common knowledge. Something that might seem common to you might not be so common for others. Since we each have different interests, we have varying levels of awareness of certain topics. The more you know about a topic the more it will become common knowledge to you. Whenever you communicate with another about something you have a lot of knowledge in, do not assume or expect them to have the same amount of knowledge. When others speak to you about a topic that they have a lot of knowledge and passion about, do not get frustrated if you do not share the knowledge. We have to learn how to be patient with others and ourselves because each of us thinks and learn differently.

True leaders



True leaders take action to fulfill their goals and dreams. They believe that what they want is right, make their own decisions and then take action to fulfill them. They also take initiative before everyone else, and do not copy what others are doing. True leaders know how to pull themselves together and keep moving forward when they face life obstacles.

The solution is from within



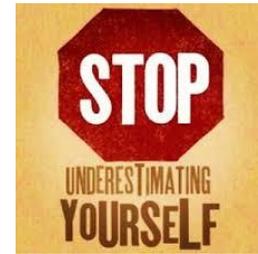
Most of the solutions to our problems are already within us. However, society tells us that the solutions are from the outside. Most of the times it is your comfortable feeling that you cannot control that makes you believe you have a problem. When you are able to control your uncomfortable feelings and understand that you cannot change what is happening from the outside, then there will be no problem.

Goal setting



The main purpose of goal setting is to help you become a better person. This means that the material objects or destinations you obtain will be less significant than the person you will become. When you focus on who you will become, you will receive internal motivation to help you stay on track to accomplish more goals. In addition, if you set goals correctly, they will help you grow your strengths and talents to help you become a stronger person in the process.

Never underestimate yourself



Never ever under-estimate 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 begins with the heart and positive belief.

Master your small daily commitments



Learn to master your small, daily commitments and you will master and fulfill your big commitments. As a human being, if you cannot master your small commitments, then you are unlikely to master your big commitments. If you cannot keep to your small commitments, how do you expect to keep your big commitments?

Engage your body, mind, and spirit



Whatever you decide to do, make sure your body, mind, and spirit are connected. You have to make sure your body has the strength to do it, that your mind has the ability for it, and that your spirit allows you to do it. Whenever your body, mind, and spirit act as one, your actions become effortless.

Start something new



Sometimes in order for you to let go of something, you have to start something new. When you start something new, you will naturally let something go so you can make time for the new thing. Starting something new will also help you get rid of habits and unwanted behaviors.

Take care of yourself



Taking good care of yourself is not only about taking care of your body. You want to take good care of your body, mind, spirit, emotions, self-esteem, career, family, and every aspect of your life. When you take care of all aspects of your life, then there will be nothing negative in your life to make you feel negative about yourself. For example, when you eat well, your body will feel good, and then you will feel good. When you are around positive people, they will make you feel good, and then you would feel good about yourself.

Do it yourself



It is important to try to do things by yourself before you ask for assistance. If you always ask others for help when you do not truly need the help, you build a habit of pessimism and enabling. In the future, you will believe that you are not capable of doing something by yourself. Most importantly, you should not need to wait for others to do something in order to start taking action.

Go your way



It is important to be strong, adapt, and change, after you figure out something is not a good fit for you. The more you head in a direction that is not a right fit for you, the more you diminish your chances of exploring other things that might be a better fit for you.

Life is not a straight line



Do not expect things to go as planned in life because it will never happen. If you expect that things will go as you want, then you set yourself up for disappointment. Things and people will manifest in ways that you can never imagine, which requires your adaption. So, it does not matter how well you plan something, do not expect for it to go exactly as planned. When you remove expectations that life is a straight line, and become more willing to take action, and accept risk and challenges, then you will be able to manage life more successfully. It does not matter what you plan to do, you always need to learn and fix as you go.

Be firm



You have to be firm with who you are as a person, as well as the standards you hold. When people see that you are not firm with who you are, then they are led to believe that you do not know who you are. You have to be firm and stick to your standards and actions, otherwise, people are less likely to take you seriously. When people see that you are firm with who you are, then they can start to treat you the way you want to be treated.

Do not lower your standards



Everyone has different standards. Some of yours might be higher than theirs, and some of theirs might be higher than yours. However, when others tell you that you need to lower your standards for them, you should never do it. And vice versa. When you lower your standards for others, so is your self-worth. If people do not like your standards, then it is their responsibility to accept or change their standards, not you.

Be proud of yourself



Every day, be proud of who you are and what you have gone through. We have all went through tough situations, and it is important that you acknowledge and be proud of everything that led you to the present moment. There are so many things that you can be proud of yourself, from small to big accomplishments. Be proud of who you are and the better person you will become in the future.

Do not waste yourself



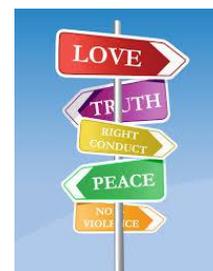
When you are trying to be someone else, you are wasting the strength and talent that you already have because everyone is born with some kind of special strength and talent. When you are not being yourself, then you are not allowing your strength and talent to unleash, which means you are wasting your strength and talent. The first step to being great is to be yourself because your strength and talent will start to unleash to help you do great things.

Follow through



When it comes to trying new things, sometimes we have the urge to quit in the middle of the process because we do not feel the benefit. However, sometimes the benefit does not come until the end of the process, which is why it is important for you to follow through your tasks or projects, because otherwise, you may miss out on many great things.

Know your limits, beliefs and values



Each person has their own standards and limits, and it is important that you know what they are for your own life, and do not let anyone persuade you to adopt their standards or limits. Adopting others' will lead to confusion on what you need to do because you are unfamiliar with those beliefs and values. The moment you are confused, the more likely you are to make the wrong decisions for your life.

Do whatever it takes



You have to build the habit of thinking that you would do whatever it takes to achieve your goals and dreams. This will create momentum, which in turn gives you more energy and focus to do what you need to do to get where you want. It is not that you have to give up other things to accomplish your goals, but that kind of mindset will help you accomplish your goals quicker.

Freedom



Freedom is when you are able to think and act in the most comfortable way. If there is something you believe is wrong, you should not engage into it. If there is something that you know will benefit you, you should take action, regardless of how many people disagree with you.

Create a vision board



A vision board allows you to physically see your intangible dreams and goals, which helps you find ways to obtaining them. Your brain will see 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 slower 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, the mind cannot see them clearly, which makes it more difficult for your mind to find and unleash the right knowledge and skill for you to become successful. On your vision board, you want to have your goals and dreams, and the quality of life you want to develop for yourself. Place your vision board where you can see it easily on a daily basis. The more the mind sees your vision board, the faster it can help you get what you want.

Make a grocery list



When you make a list, you are less likely to buy impulse food, and it helps you remember what you need to buy, especially if you are making a specific meal. Also, a grocery list save you time because when you know what you need, you just go straight to that aisle and not have to think about what you need to buy. When you spend time thinking, you are not taking action, which means you are using more time.

Drink water frequently



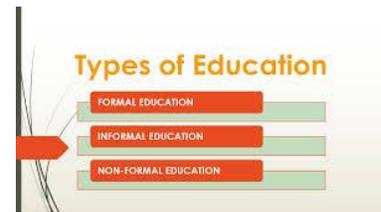
You should be drinking water throughout the day and not wait until you are thirsty because thirst is a sign of dehydration. A good way to make sure you get enough water throughout the day is to drink at least one cup of water every hour or two. Also, it is important to drink at least one cup of water when you wake up because your body use a lot of energy from water for breathing and moving around.

Do what is right for you



It is important that you do what is right for you; even though if no one agrees with you. You have to understand that people will not agree with you all the time, because people are different. Since each of us learn in different ways and believe in different things, we will believe and agree about different things.

Three types of education



The first type of education is formal education, where you earn a formal degree. The second type of education is informal education, where you earn some form of certification. The third type of education is self-education, where you learn on your own. It is important that you pursue all three types of education because each provides different methods and techniques to help you become successful in life.

You Matter



Always remember that you matter in the world. What you are doing make a difference in the world. Whatever your strengths and talents are, applying them as much as possible. Even if you must apply them in small ways. Never ever underestimate the impact you are making with your small daily actions. As a matter of facts, it is the small daily actions that will manifest the big results. No matter how small your act is, someone is benefiting from your hard work and kindness in some form: physically, mentally, spiritually, or emotionally.