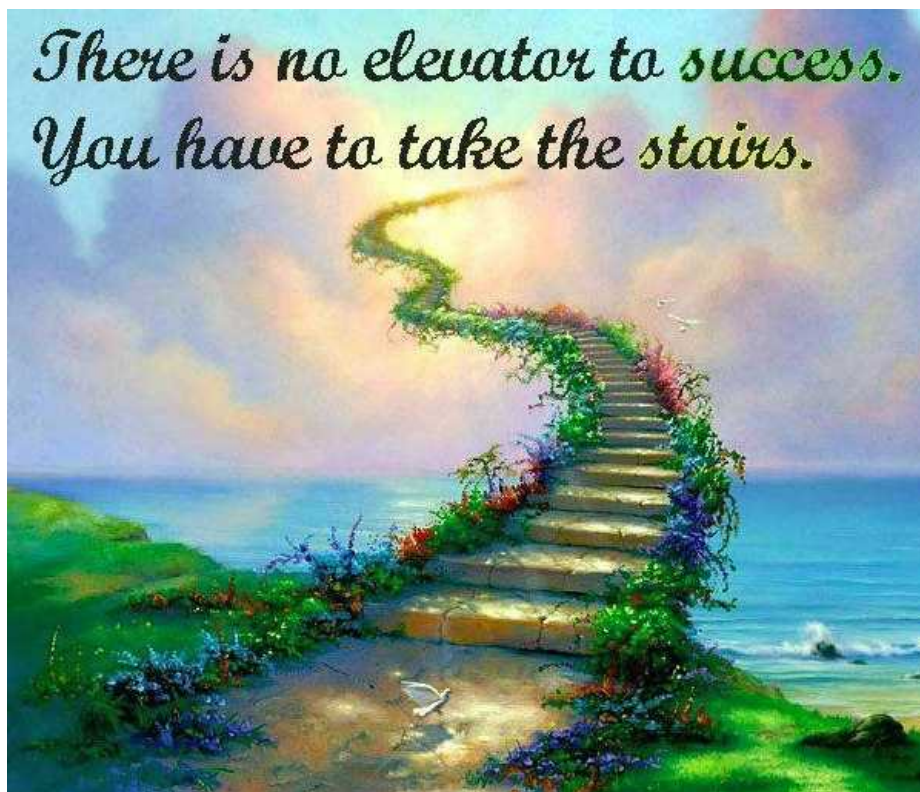


Elevate Your Life: 50 Ways to Make it Better!



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Chapter 1

Introduction

No matter where you happen to be in your life right now, you can make it better! While you should definitely take the time to be thankful and appreciative for the good things, it is time to gain control over your life. Too often, we get into the passenger's seat when it comes to our life instead of being comfortably in the driver's seat!

The number of people that suffer from depression or that go through life on auto pilot is astonishing. They have lost the desire they had, given up on dreams, and they often just through the motions day after day. They aren't necessarily unhappy but they sure aren't enjoying life to the fullest either.

While everyone has different dynamics and scenarios that take place in their life, there is one common thread! We all have the ability to decide what is best for us and it is never too late to make those changes. The areas of change that will be covered in the materials include:

- Personal changes
- Relationship changes
- Career changes
- Financial changes
- Spiritual changes

As you go through each section, highlight the changes that would be positive for you to consider. No one knows you like you do so be honest and really allow this process to generate some thought and some direction for you. One thing is very clear – if you do nothing, then you will continue to get the same results that you have today!

Here are 50 ways for you to hack your life and to make it better! Have some fun with the changes you make and don't make excuses for them. Too often, we feel guilty for putting our needs first. You will enjoy life more when you do and it doesn't diminish the value of those that you love or the work you do.

Instead, it makes you happier from the inside out! It gives you the power, motivation, and energy you need to do well in life. That carries over into how you perceive others and how you interact with others. Such changes will make your relationship with them better than before!

Chapter 2

Personal Changes

If you want to make your life better and happier, it all starts with you. So much that goes on around us we really can't control! When you focus on what you can though those other things don't pile up and become such an issue anymore. Here are 10 positive changes you can make in your own life!

#1 – Time

We all have the same 24 hours in any given day to get things accomplished. How we use that time is very important. For many of us, it is rush and rush not enough sleep or time to relax. Restoring balance in your life involves taking back time. You can't create more of it but you can enjoy how you spend it.

Take an inventory of how you spend your time. You may need to cut back on family or community time to make more YOU time. You may need to put a limit on how many hours you will work. Your boss may at the office, but the number of people that take home work and burn the midnight oil is ridiculous.

Do you feel like you have to say YES every time someone asks you to help with a project? Don't feel back to say that you can't help right now or that

you are already taking on too much. Pick and choose what you would like to be involved with and dive right in!

Do your children have too many activities that have you coming and going? If so, it is time for a family meeting. By reducing activities you can also have more time available for the family to bond as a unit. Allow each child to pick a certain number of activities to be involved with at any given point in time.

Make some time to do what you enjoy. Maybe you would love to curl up on the couch and watch an old movie or read a new novel. Perhaps you would enjoy an afternoon of shopping and a nice lunch with friends. If you spend all your time working, cleaning, and rushing around, you will feel exhausted and unfulfilled.

Getting enough sleep is essential if you want to feel good. You can't expect for the day to start off well if you are irritable and you want to just go back to sleep. Schedule down time before bed so that you can unwind. You can't expect your body and mind to just shut down because you have crawled into bed.

#2 – Health

You only get one body so treat it well. Pay close attention to what your body is telling you. Those aches and pains that you experience daily are a signal that something isn't right. Go see your doctor for routine checkups as well as when you don't feel good.

Eating right and exercising will help you to maintain a good body weight. Your health is at risk if you carry around extra weight. It can result in pain for the knees and the back. It can also increase the risk of diabetes, high blood pressure, and heart disease.

A part of your overall health depends on genetics, but don't let that get the best of you. Pay attention to the various health problems with your immediate family. Make sure you tell your doctor about them and that you are proactive about preventing them. The sooner that action is taken when there is a serious health concern, the better the outcome is going to be.

Lifestyle habits can make a huge difference in your health. If you smoke you should make a sincere effort to quit. This is very damaging to the heart, the lungs, and your overall life span. There are plenty of programs out there to aid with nicotine addiction so don't be shy about pursuing them.

If you have an issue with drugs or alcohol, you should also consider a treatment program. Eliminating such situations from your lifestyle will do wonders for your health. Yet it can be a difficult road to travel all alone so turning to professionals who have the tools to assist you is a great idea.

#3 – Mental Well –Being

Your mind and body are a team and you need them to be in sync. Taking care of your health is important but so is the mind. Do all you can to make

sure you feel your best mentally. Focus on positive thoughts and erase the negative. Work to reduce stress and anxiety as much as you can.

The mind can become fatigued just like the body so don't work too many hours. If you have to put in long hours, take breaks frequently. Keep your mind sharp and focused by exercising it such as with various types of puzzles and word games.

If you feel like your mood has been down for some time, you may be suffering from depression. This is due to an imbalance of various chemicals in the brain. Talk to your doctor to see if that may be something you need to receive counseling and/or medication to improve. A full assessment can be done to determine if it is a factor for you.

#4 – Daily Exercise

Both the mind and the body will benefit tremendously when you exercise daily. Too many people see this as one more thing to fit onto their too do list. Exercise helps to keep the body fit and to increase energy levels. It also produces more of the feel good chemicals in the brain which will reduce stress and improve mood. Find types of exercise that you like to do and that fit well with your current level of fitness.

Exercise shouldn't be beyond what you can reasonably do. It shouldn't be something you see as a punishment either. If you really enjoy the types of exercise that you take part in, you will look forward to it and be motivated.

Don't use a lack of time as an excuse not to exercise! You need to make time for you in the day and this should be high on that list of things to fit in. As you develop a good workout routine, you will find that you miss it on days when you really can't participate.

#5 – Let go of Baggage

We have all said and done things that we aren't proud of. Don't let it get the best of you. This doesn't mean you should be arrogant or not care about how you make other people feel. Take responsibility for your actions and move on from it. Make a game plan for how you will do better in the future.

It is easy to look back at certain times in our life and wish we had done something differently. Remember that you likely did the best you could at that point in time with what you had available. The fact that you have grown as a person and can see there were better choices means you have learned valuable lessons from those less favorable times in your life.

#6 – Preserve Memories

As we get older, we cherish more and more of what has already occurred in our life. The memory can start to fade and that can be upsetting when you want to recall things. By preserving memories you can reflect back on them.

There are many ways you can do this including keeping a journal of events and people you encounter. You can also take lots of pictures of places you go and people you spend time with. A timeline of old photos that span over many years can become one of your most prized possessions.

#7 – Engage in Hobbies

Take time for the hobbies you enjoy doing. This can be anything that rejuvenates your mind and your spirit. Maybe you like do activities alone or you are a social butterfly. Find what is a good fit for you and make it fun! You can spend time with scrapbooking, painting, writing, playing sports, fishing, hiking, and any number of things.

If you really aren't sure what you are passionate about when it comes to hobbies, try some new things. Find out what type of classes are offered in your community. Signing up for a dance class or a cooking course can be a terrific way to explore options and to meet new people.

#8 – Forgive yourself for the Past

Looking in the rearview mirror too long can cause us to lose sight of what is right in front of us. It can also prevent us from reaching into the future. Let go of baggage to discover what is still to come. Don't be frozen in place by things that have already occurred that you can't change. If you can't let go of the past on your own, perhaps seeing a counselor can help you to do so.

We can become our own worst enemy if we aren't careful. Think about what you would say to someone else that had done the same thing as you did. Chances are you would tell them to forgive themselves – and so you should do the same for your own circumstances.

#9 – Self Confidence

When you have more confidence in who you are and how you look, you will be happier. You will speak up with friends and with colleagues at work. You will be able to walk across that room and ask someone to dance with you or for their phone number so you can call them. If you don't have very much confidence, it is time to explore what is holding you back – then change it!

#10 – Create a Bucket List

Don't get into the habit of saying "one day" – make that day happen! Create a bucket list of several things you would like to see and do before you die. Then start a plan of action to get them accomplished. It will give you a feeling of exhilaration like nothing else in this world can!

Chapter 3

Relationship Changes

Such a big part of our lives has to do with relationships with others. Some of them are very good and others are a nightmare. Yet they all influence us and they can consume our time. Not all relationships are what they should be though so you should take a very good look at them.

#11 – Set Boundaries

You set the boundaries for how other people can treat you. This includes friends, family members, co-workers, and people you randomly meet. Don't let people take advantage of you or harm you in any way. Be on the lookout for people that have a hidden agenda and only come to you when they want or need something from you. Relationships need to be a two way street.

#12 – Ask for Forgiveness

If it is bothering you that a situation occurred, ask for forgiveness. It doesn't matter if it was yesterday, a month ago, a year, or 10 years in the past. If it is still nagging at you then it is time to make peace with it. If possible, talk face to face with the individual and tell them why you are sorry. If it is from the heart they can choose to accept it. Some people won't but that is on them, not you.

#13 – Forgive Others

By the same token, be willing to forgive others for when they have done wrong and it affected you. They may come to you and ask for forgiveness and you can talk with them. You can also decide on your own to forgive them as that stops allowing them to have power over you that has been negative.

#14 – Eliminate Toxic Relationships

Sometimes, cleaning how has to be done for relationships to improve in our lives. It doesn't matter if it is your neighbor or a longtime friend. You need to distance yourself from people that are negative and from those that create ongoing chaos in your world.

If you distance yourself from them enough, they will bother someone else. In some cases though you will have to be very straightforward. You will need to tell them that you are making changes to your life and that the relationship has run its course. You don't have to be mean about it but you do need to be very clear about your decision.

#15 – Improve Communication Skills

Misconceptions, assumptions, lack of communication, and not listening can create problems and barriers for relationships. When you improve your communication skills you will find that this is going to change many things. It can completely change the dynamics within a relationship.

Be willing to listen more and to talk less. Ask for clarification if you don't know what someone is trying to tell you. Ask open ended questions if you would like to find out more about what is going on with them. Say what you mean and don't play games. Avoid talking when you are upset or angry at someone. Take time to calm down and collect yourself.

#16 – Tell Others how you Feel

Never assume that people know what you are thinking. If you miss someone call and tell them. If you love someone, make sure they know that you do and the reasons why do! If you appreciate the effort someone has made to help you let them know it. Such kindness is priceless so don't forget to take the time necessary to convey what you want people to know.

#17 – Reconnect

Due to schedules and life events, you may have lost contact with someone you really miss. Maybe you have a friend that you only seem to see at funerals and weddings and you would like to change that. Find ways to reconnect with them. Social media including Facebook and Twitter are a great way to do so. You can also email and call when possible if you can't meet up face to face.

#18 – Make Time to Spend with Others

Interacting with others is a human need. For some people it is a huge need and for others they want more privacy. Make time to spend with others though so that you can satisfy that need. Don't always hang out with the same people either. Make an effort to meet some new people and to expand your social contacts.

#19 – Let go of Fears

Don't let the chains of fear prevent you from having the relationships you really want. If someone lied and hurt you, it doesn't mean everyone that comes along will. The fear of being hurt can cause you more hurt than anything else. Be willing to let love in.

#20 – Put the Spark back in your Love Life

You may have so many years invested with your partner that their behavior is very predictable. You love them, you care for them, but you are in a routine with them. It is time to put the spark back in that relationship. Leave a nice love letter, surprise them with a candlelight dinner, or schedule a date night. Engage in anything that the two of you love to share so that you can rekindle what is at the core of that love from so long ago.

Chapter 4

Career Changes

The possibilities are unlimited as a child when the question arises of what you want to be when you grow up. The idea of working, making money, and being responsible seems very appealing from the eyes of a child. It certainly isn't all a bed of roses though from an adult's point of view. You may need to make some career changes to make it worthwhile again.

#21 – Learn new Skills

Work may have become difficult for you due to new technology. Learning new skills on your own can be fun and helpful. For example, take an online tutorial for Excel and learn how to use the various formulas. Anything that you can learn that will make work fun, efficient, and exciting is worth pursuing.

#22 – Cross Train

Ask your boss about cross training you with another employee. This allows you to learn their job and they will learn yours. This allows you to cover for each other and that can be useful during illness, vacation, or busy times. You will find you really enjoy doing new tasks and learning a new aspect of the business. The more you know, the more valuable you become to the company too.

#23 – Change Employers

It can be scary at first to consider changing employers, but if you are bored, you hate going there, and the work is too much then it is time for change. There are plans that allow you to successfully roll over your retirement funds too so you don't have to worry about that.

It can be scary to be the new person but what an exciting adventure! Get your resume ready and see what jobs are out there. If you have lots of experience and a great work history then you may start getting interviews right away.

#24 – Change Type of Work

Not everyone is okay with the concept of changing employers. They worry too much about job stability. With this economy in the mess it is right now, that is a good point to make. Maybe you can change the type of work you do within the organization you already work for?

Talk to human resources to find out what types of jobs are open. A move in house can be more comfortable for you. It allows you to have that foundation and familiarity there. Yet it also offers you the thrill you seek of some new job tasks and opportunities.

#25 – Go Back to College

You are never too old to go back to college so you can change jobs, get a degree, or enhance the degree you have. You may not fit the role of a traditional college student but that is just fine. There are many variations today about that path to getting your college completed.

You can contact local colleges to see what they offer. Many of them offer day and evening classes for your convenience. There is also weekend formats and online learning. Think about what will work best for your needs so that you get a great opportunity. Make sure the program is fully accredited and what the cost will be.

If you can't afford to attend, you may be able to qualify for funding such as financial aid grants or scholarships. You may be able to get your employer to pay for part of it if you are going to be able to enhance your career by going back to college in a way that will also benefit them.

#26 – Volunteer

Life has a way of getting off course and what you wanted to be once upon a time may not have happened. That doesn't mean you can't continue the career you have in place now but still do what you wanted on some level. For example, you may have had a desire to be a veterinarian. You don't have the training for that now but you can volunteer at the local animal shelter.

Offering just a few hours of your time there per week can really improve your life. It can help you to feel great knowing you are doing what you can to promote a healthy life for these animals.

#27 – Mentor

You may have lost your desire for work at some point, but seeing what you do through new eyes can give you a renewed interest in it. Perhaps you can mentor a new employee and show them the ropes and introduce them to methods that have worked for you all these years.

The person you mentor may not be employed at all yet. They may be a college student with a sincere interest in the type of career you are involved in. Connecting with them, nurturing them, and helping them to achieve their goals can help you to feel a great passion for your job that may have gone away.

#28 – Improve your Mindset about your Job

Perception is everything! When you get up in the morning, think positive about what will take place that day. Think about the good reasons to go to work and what your input is going to do in terms of making a difference. When you change your mindset about your job, then you can enjoy it more. When you work hard to really focus on the good things about your job, it gets better and better. You may have to remove yourself from some

co-workers though that are spreading negativity like poison through the environment. Surround yourself with happy people at work and you will be happy too!

#29 – Get Organized

So much time is wasted at the average job due to items being lost or unfinished. Get organized so that you always know where everything is. Having what you need at your fingertips will save you time and make you more efficient. It will also reduce anxiety so that you don't associate the work environment with always being stressful.

You may feel like you are pressed for space but you can add some shelves, files, and more to help you. Talk to your boss about using scanners and going with a more paperless system than before. Then you aren't going to be shuffling papers so much.

#30 – Use Technology to Save Time

It is really amazing how quickly technology seems to continue to change for us. Be up to that challenge by learning about that technology and using it. When done right, it can help you to save time. For example, the use of various tools that allow you to interact through Skype rather than traveling for business.

Use technology to set up webinars so that you can share information with people all over the world at the same time. The Cloud settings have also made it very possible for people to review, change, and share documents as if they were in the same building when they could be across the world from each other.

Chapter 5

Financial Changes

It is often said that money can't buy happiness, but you need it to get through the day and to live a decent life. You may not be rich and that is okay but you need to have a very good handle on your money needs and where it is being spent. You don't need the stress of worrying how you will pay your bills and what you will do if you have an emergency expense.

#31 – Examine your Budget

If you don't have a budget in place or it has been a long time since you went over it, now is the time to do it. Sit down and write a list of all of your monthly expenses. This should include your utilities, rent or house payment, car payments, insurance, childcare, etc.

Next, write down your monthly income. If your income varies, go with the lowest possible amount you will earn. That way, you aren't going to come up short in your budget. Subtract what you bring in from your necessities and that is what you have left to work with.

Take at least 10% of that amount, no matter how small it is, and put it in savings. That money will add up over time. Next, look at variable expenses and see what you can cut out. For example, if you get coffee each day on

the way to work for \$20 consider making it at home and putting the difference into savings or using it to pay down what you owe on bills.

If you are living beyond your means, that needs to come to a halt. Pay off your charges on the credit card at the end of each month. If you can't do that then you need to really cut down on what you are spending. The mission is to look at needs and to cut out some of the wants.

You can still spend money on things you enjoy, but you may be indulging in it too much right now. Our society has given the impression that it is okay to buy now and pay for it later. Yet all of those payments and the interest that goes along with the purchases can add up quickly.

#32 – Review your Credit Reports

Your credit score is a big deal so treat it as a priority when it comes to your finances. The highest credit score you can get is a 900 and the higher it is the easier it is for you to borrow money with excellent rates of interest. As your credit score gets lower, it can be more expensive to borrow. You may need to use collateral to secure the loan or to get a co-signer for approval.

Go through each of your credit reports line by line. There are tons of errors that have been identified, and it can take time to correct them. If you identify anything wrong such as a paid off account still showing as you owing or the balances are wrong you need to gather documentation and mail it to the credit report company for review.

Monitor your credit reports in order to reduce the risk of identity theft too. Such a problem can be extremely difficult and time consuming to get out from under. It can also drain you of your financial savings if you aren't careful.

#33 – More Savings

Do all you can to put more money into savings. Did you get a nice bonus at work that you didn't expect? Did you get some money for your birthday or Christmas? How about an income tax refund? Any time you get free money like this you should put at least 50% of it into savings.

Allocate a small percentage of it to have fun, to buy a new outfit, or to replace something in your home such as an appliance. Allocate a portion of it to pay a chunk of money on bills such as credit cards or student loans that have interest associated with them.

#34 – Secure Retirement Funds

If you are old enough to be in the workforce, then you are old enough to think about securing funds for retirement. The days, weeks, and years add up quickly and you don't want to be in a panic because you don't have enough money for your golden years.

Too many people are working when they are ill or when they are very old because they need to. They are trying to make ends meet and they barely get by. You need to make sure you have funds in place that you can count on for your retirement. With inflation in mind, you are going to need much more than the average retiree is using today for living.

#35 – Diversify Investments

All of your investments, including your retirement funds, should be very diversified. Don't put all of your eggs into one basket as the old saying goes. You need to make sure that you have several different types of investments in place.

Some of them should be risky and some of them should be very safe so that you can work on building up your profits. It is a good idea to talk with a financial planner so that you can get the help you need to get the investments set up. There are usually fees involved but it is better than losing your money because you didn't know how to handle the portfolio correctly.

#36 – Pay off Debts

Don't settle for paying just the minimum that is due on your bills. Strive to pay them off. The money that you save from interest that you don't pay that lender is money you can use for yourself. Think about the total cost of a car or a home when you pay all of that interest! It is ridiculous!

By paying even an extra \$500 a month on your car you can pay it off in less time and slash that interest. Once the vehicle is paid off you can also opt to reduce the coverage on it to liability instead of full coverage and that is more savings for you.

Paying just one extra house payment per year can slash several years off the end of a 30 year loan. Credit cards are a huge problem when it comes to paying just the minimum. It can take you years to pay off a balance if the majority of what you pay that company each month is going for interest. Then your balance barely goes down.

#37 – Check into Refinancing Home and Vehicles

Keep an eye on the going rates of interest and when they drop a great deal, pounce on them. Refinancing your home and vehicles at even 1% lower interest can get you more money in your pocket. You still have the same home and the same vehicle but you pay less. Use that difference to pay extra on those debts and see the principal you owe drop fast!

#38 – Review Home and Vehicle Insurance Plans

While you need to have insurance on your home and your vehicles, you may be paying too much. Review the coverage you have and make sure it is right for your needs. Your household dynamics can change often and that means you may need less coverage than before.

Look for programs that offer incentives and discounts for paying annually instead of monthly. Drop coverage that you don't need to help you reduce the premiums. It can also be a good idea to increase the deductible and pay in less each month.

#39 – Life Insurance Plan

Without a doubt, you need to have a life insurance plan in place. Even if it is only enough to pay for your final expenses it needs to be done. Your family will be grieving upon your death. The last thing they need on top of it is the struggle to pay for your funeral costs.

Many people think that they are too old to get life insurance or that their lifestyle and health won't allow them to get a good deal. You need to shop around and see what is out there. You will be surprised to learn about some of the affordable options that also offer a decent amount of coverage.

#40 – Living Will/Burial Plan

Where is your money going to go upon your death? With a burial plan in place the cost of the funeral is already paid for. You may have some costs involved with getting your body to the final resting place.

Where you want to be buried and how is up to you but it needs to be widely known. A living will can also state where you would like your money to go

upon your death. You may want to divide it among several beneficiaries or leave it to just one. You can also decide to donate a portion or all of that money to charity.

Chapter 6

Spiritual Changes

Your spiritual well-being is a big part of improving your life. Too many people only think about that spiritual world when they are in need of help, someone they love is ill, or they lose a loved one. Your spiritual beliefs are at the core of your soul and they can offer you a very strong foundation for daily events as well as when you are on shaky ground.

#41 – Get Comfortable with your Beliefs

Religion is a topic that can set off a debate among friends, family, co-workers, social media, and even at a local coffee shop. This can be very intimidating and that is part of why so many people keep their spiritual beliefs to themselves. You need to get comfortable with what you believe in and not make excuses for it.

#42 – Explore Possibilities

Not everyone knows what they feel when it comes to spiritual changes and that is nothing to worry about. It means you have the chance to explore possibilities out there. You can go to different churches, look at different types of beliefs, and you can pick what will work the best for you. It can take time so don't rush it as there is no deadline. When you find what works for you, it will just click and make sense.

#43 – Spiritual Support

Tell others about your spiritual beliefs and be ready for questions. They may be curious about the changes. They may wonder why you selected that particular spiritual element. They may be curious about why it is suddenly more important to you than it was before.

Look for places where you can get the support you need. If you attend church then you will have others that do share your beliefs. If you don't, then you may be interested in going to a spiritual study group or even joining online forums. Finding those that support what you are following and what you belief is important so that you can rejoice in it and embrace it.

#44 – Read History

There are so many grand lessons to be learned through reading the history of any spiritual element. It can open your eyes and your ears to things you didn't know and it can also help you to build respect for that particular spiritual belief. You may find strength and peace with what you read too.

#45 – Meditation

Getting in touch with your mind, body, and spiritual side won't occur when you have chaos all around you. The process of meditation is very quiet and very tranquil.. It involves clearing the mind and keeping the body still for a period of time.

It can be tough at first to really focus and to take meditation seriously. Pay attention though and redirect your thoughts when they start to wonder. Make time to do this every single day. You will notice that your thoughts wonder less and less as you train your mind and body to really focus.

#46 – Practice your Beliefs Daily

When you are in tune with something it becomes a part of who you are. It is part of your core being and what you would like to offer. Practice your beliefs daily in how you act, how you react, and your daily interactions all around you. There could be some types of rituals or passages that go with your spiritual side.

It can become tricky about where you can practice them and where you can't. However, you do have more freedom than you may think. For example, you can bow your head to pray in the lunchroom at work and even when you dine out if you would like to.

#47 – Show Appreciation Each Night for the Good Things

No matter what religion or spiritual element that you are involved with, count your blessings. Too often, we tend to focus only on the bad things around us. Yet there are so many good things that we need to look at to. When you really focus on what you have going for you then you will feel more peace, love, and focus around you.

When you show such appreciation, the little things don't seem to bother you anymore. You will find that you are less anxious and that you are enjoying your life more than before,. You will also feel a great deal of balance so that you aren't in conflict with who you are and how you are living your life.

#48 – Show Respect for the Religion of Others

It is very important that you show respect for the religion and the spiritual beliefs of other people. It is fine to share what you feel and why but be a good listener to other people. There is no right or wrong in this realm but too many in society feel like there is.

Focus on what is right for you and don't allow peer pressure to get to you. Stand firm if someone is pushing their religion on you. Tell them that you respect what they have to say and how they feel but it isn't something you are willing to embrace on a personal level for you.

#49 – Document your Journey

When you write down how you feel, it is amazing the pouring out of feeling that will come along. Don't question it or second guess it, just write it down. As you document this journey of what is going on for you spiritually, you will see huge differences in how you feel.

Write down your questions and then spend some time to investigate and research them. Be curious about your spiritual side and what is drawing you like a magnet to a certain form of it. The more information you have the more you get to know who you are. It can be very therapeutic to write all of this down and to go back and read it later.

50 – Artifacts

Just about every type of spiritual realm out there has some type of artifact that you may want to add to your life. This could be angels, a rosary, candles, and so much more. There could be items that have been passed down over the years from one generation to the next. These artifacts can help you to feel comfortable and tuned into your spiritual side.

Chapter 7

Conclusion

Full of options and information, hopefully you are motivated to make some changes in your life! It doesn't have to be difficult and it is up to you what you change. As you see the results that it offers though you will be enticed to continue with your identified list of changes.

Now is the time to control what you can in life. It is the time to make your own needs and desires a priority. It is time to assess the relationships you have so that you can sever, repair, or nurture them as you see fit. With a fulfilling career and financial stability you will feel better emotionally.

The spiritual connection you have is your own unique beliefs and it shouldn't be taken lightly. It doesn't matter what your religion is, what you thoughts are, or why. You are the one that gets to decide and pick what you will follow. The amount of time you spend in church doesn't impact your spiritual side.

Turn away from the fears and the regrets that have poisoned your thoughts for far too long. Maybe you didn't think you could make such changes to your life physically and psychologically. Now that you know you can though it makes sense for you to do so.

Taking good care of your needs and being able to smile on most days due to who you are and how your life your life is very important. In the end, it isn't the number of years that matter. It is the quality of the years that you have. If you can't reflect on them well right now, then you definitely want to move into a place where you can.

There are plenty of scenarios in life that we can't control that can make us hurt, feel sadness, and even be angry. While you can't do much about those, you can change more than you realize. By doing so, you will be able to handle the hardships easier and you will always be appreciative of the great things in your life.

In your hands you have the golden ticket to hack your life, to make it better! Don't put off the overhaul that is going to get you better performance physically and mentally. If you spend too much time with stress and disappointment it is time to enjoy life that is carefree and that is happy!

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