


# GET MORE OUT OF LIFE



# COMPARE YOURSELF TO YOUR ENERGETIC YOU

- We should avoid comparing ourselves to others whenever possible. "As soon as you notice that you are feeling “less than” or “better than” others step back a moment emotionally.

# START WITH A HOBBY CLASS

- Sign up for a class in something you're interested or curious about. "Push yourself to try new activities, even if you think they aren’t for you. It connects you with people you normally would have never even met.





# INVEST ON YOUR SELF

- Understand what is your current value you for which you need to have self-awareness. K
- knowing who you are and what your purpose is on the planet is one of the keys to happiness.
- If you don’t know what you want to do with your life at the moment, begin by looking at what you’ve done before that’s made you happy and start creating a list of things that might make you feel that way again.

# STAY POSITIVE

- Employ positive thinking.
- Keeping your thoughts moving in a positive direction not only makes you feel good in the moment.
- The more you employ positive thinking, the longer the effects last.





# BE KIND HEARTED AND SHOWCASE IT

- Display kindness.  Kindness is a very powerful tool
- Some people believe that being kind is a weakness, and nothing could be further from the truth. Kindness can make the difference between success and failure. It can also change the lives of others in a very profound and positive way.

# RESPECT YOURSELF

- Without self-respect, you will not have the confidence you need to participate in the world and fulfil your dreams.
- Being unable to respect yourself is a sign that you need to do some inner healing. Once you have, life can be wonderful again.





# GET EMOTIONAL SUPPORT

- The energy you get from those people who care about you is a gift. It's important to remember that those who have close relationships and friendships with others generally live longer and fuller lives.
- When you feel the need, reach out to someone you know cares about you.

# SHOWCASE YOUR WORK WITH EXCELLENCE

- Don’t hide. If you want to make a difference on the planet or just make a difference for yourself, you have to get out there, so people can see what you are doing.
- If you don’t make it known that you want something new, nothing will change for the better.



# SCHEDULE SELF INDULGENCE TIME

Whether it be the gym, drinks with friends, or just vegging out and binge watching some TV, make sure you're scheduling in time for your own enjoyment, whatever that may be.



# LISTEN TO YOURSELF

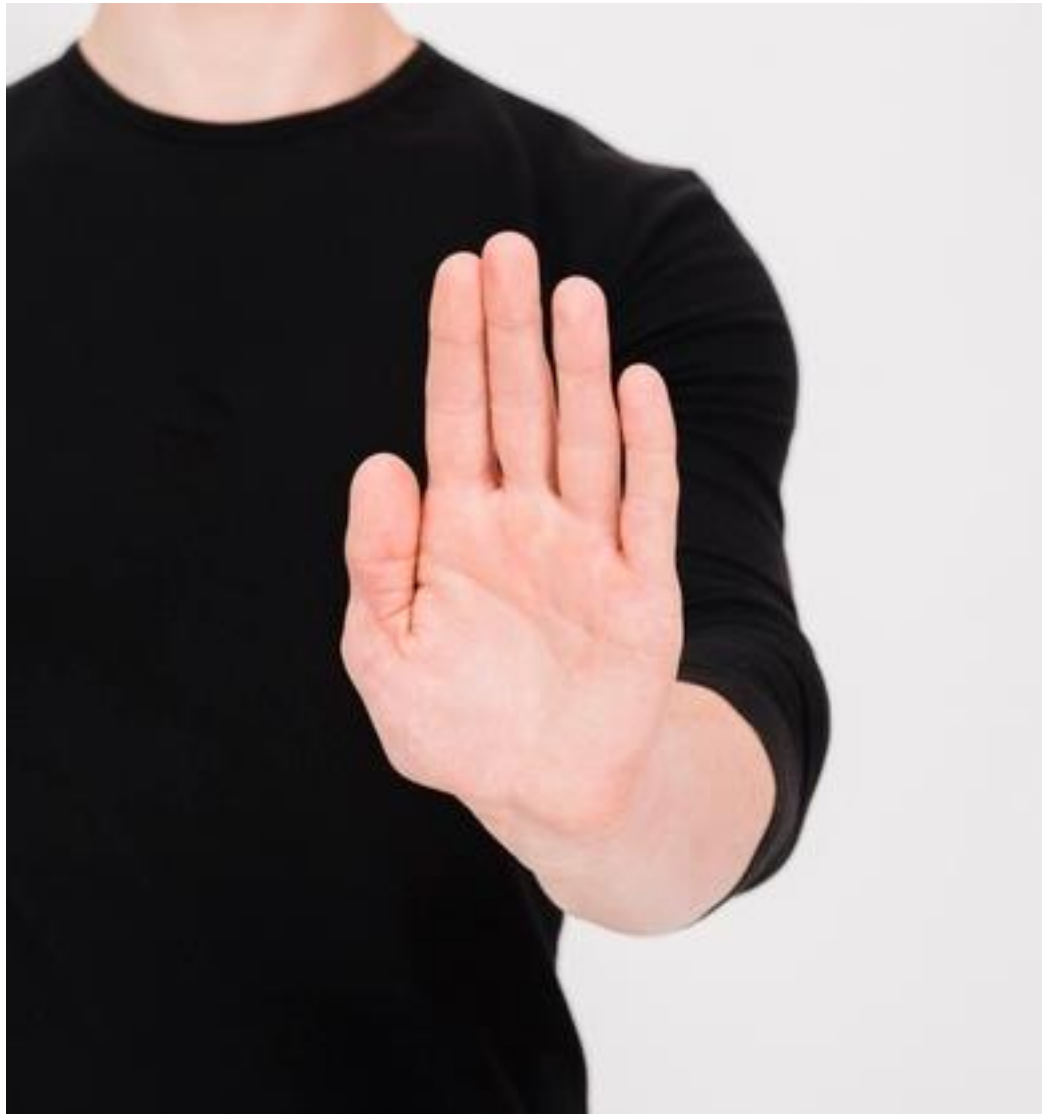
- Trust your intuition. When you get a gut feeling, listen to it. If what you want isn’t going to hurt you or anyone else, and the outcome could be a positive one, go for it.
- Our inner voices can give us a lot of good information and the inspiration we need to help us achieve our goals.
- Wonderful things pass our way every day. Reach into your heart and find the strength to take on the potential in your life.



# TAKE DISCOVERY WALKS

- "It is important to remember that there is always something new to be discovered in our everyday environments.
- Go on a walk and commit to finding 10 new interesting things





# DON’T GET INTO “YES” TRAP ALWAYS

- This is a personal tip, and it goes a little against the usual advise of "always say yes!"
- One of the fastest ways to feel weighed down and unhappy is by over-committing ourselves and letting too much pile up on our plate.
- If you're feeling over-extended, try taking one or two things off your agenda, or say no to the next thing that comes your way in favour of a little decompression time.

# SLEEP WELL

- There is a strong link between sleep and mood.
- It can be extremely difficult to feel good when you're sleep deprived.
- Energy is revived once the body gets the rest it needs.



- Have the drive to get more out of life from today



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