

# Living Your Best Life

*Empower Yourself to Create a World of Happiness –  
Starting Today!*



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Happiness - Starting Today!*

**Presented By The FRED67 Community**

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## **Life Is What You Make It**

Have you ever woken up and felt despondent about where your life is headed? About what you've done so far or maybe the trajectory your life is on at this moment?

Maybe you've even taken steps to take corrective action and fix the things that are wrong. There's so much emphasis in this world on zeroing in on one aspect of your life and fixing it, that we often forget to look at the big picture.

We get specific concerns about our abs, or about getting a raise at our jobs - but it's helpful to take a step back and evaluate your life as a whole to see where improvements can be made.

**There are seven primary areas of our lives that need to be optimized:**

- Health
- Stress
- Beauty
- Career
- Finances
- Relationships
- Entertainment

When one aspect of your life is out of whack, it can diminish your personal satisfaction in all areas. For example, if you are mired in relationship issues at home, it makes it nearly impossible to stay focused and accomplish your goals at work the next day.

**That, in turn can affect your finances.**

If your boss saw you distracted and unproductive at the same time he or she was considering a promotion within the company, they might pass you over for someone who could give 110% to their job.

The stress of it all will eventually take a toll on your health, too – wreaking havoc on your sleep schedule and affecting everything from your physical beauty (dark circles under your eyes) to your heart health!

## **Health**

### **Keeping fit is a gift that only you can give yourself.**

This gift will pay you back as you get older and your body will be able to age gracefully. Health woes – even minor ones like a common cold – can impede you from feeling like you're living a fulfilled life.

Health issues run the gamut – from small energy zappers to major crisis and hospitalization events that can bring you to your knees. It's important that you get informed and give yourself the ammunition you need to fight disease and wake up feeling physically healthy each and every day.

### ***Nutrition and Exercise***

Though there are many ways that suggest you can keep fit by various fad options, the best way to stay fit and healthy is by eating the right foods and exercising.

When you eat right, you give your body the nutrients that it needs to perform all of the daily tasks that it needs to carry out. Plus, the food choices that you make can help you fight against diseases and other medical conditions that run in your family.

You want to be informed and know your family's health history and then learn about the foods that can fight certain conditions. If something is a genetic cause for concern, it can pay off to feed your body the fuel it needs to fight back.

When you eat, you want to choose complex carb's - because these don't break down as fast in your body as simple carb's do.

***You end up getting more nutrients and you stay fuller for longer periods of time.***

**This helps eliminate the desire to snack in between meals.**

When you eat, you want to limit your white flour foods - such as white bread and white pastas. Choose whole grain-based foods such as whole wheat as a replacement.

**Switch fatty meats at mealtime with lean meats like poultry and fish.**

Fatty foods in any of the food groups are foods that contribute to a host of diseases - including heart disease.

You have to have some fats in your diet, but you want to omit the wrong kind of fat. You'll usually find these foods loaded with saturated fats - which is the worst kind of fat that you can eat.

This kind of fat makes your cholesterol count rise, which in turn can lead to health complications over time. If it's solid at room temperature, it's usually a saturated fat – and you can picture it clogging your arteries over time and blocking healthy blood flow.

**Not all fats are bad for you! Healthy fats are things like:**

- Avocados
- Olive Oil
- Nuts and Seeds
- Oily Fish

**In fact, these food items are what help you feel full and keep hunger pangs at bay.**

Dr. Joan Sabate from Loma Linda University said that in one study, they found that avocado's help regulate blood sugar and kept study participants from crashing and feeling hungry shortly after their meals, so this kind of fat, can actually help you *lose* fat!

**Foods that give your body a heart-healthy boost are foods that are rich in Omega 3 fats.**

Omega 3 rich foods are foods like salmon and walnuts. They're a natural anti-inflammatory solution and can help with people who feel depressed or feel like their thinking is cloudy or foggy.

**Other good Omega 3 foods include:**

- Flax Seed
- Tofu
- Brussels Sprouts
- Squash
- Shrimp
- Cauliflower

**Antioxidants help keep cancer from developing in your body.** It may not prevent it completely, but they're called "Superfoods" for a reason – they help inhibit cancer cell growth within your body, and help you live a long, healthier life.

### **Some top antioxidant foods are:**

- Berries – blueberries, blackberries, cranberries, strawberries and raspberries
- Beans (kidney, for example)
- Artichokes
- Apples
- Pecans

There is a long list of foods that give your body all kinds of health benefits. These so-called superfoods can do so much good for your body in helping you stay regular and remove the toxins from your body.

Some fibre-filled foods include bran, beans, peas, raisins, okra, sauerkraut, pomegranates, blueberries, apples, cauliflower and strawberries. Eat regular servings of these foods and you will be helping your body stay clean and fit.

### **Other foods can give you stronger bones.**

Foods such as prunes and spinach can do that. You want to start contributing to your bone strength early on, not when you're already middle aged and beyond.

### **Some other bone-healthy foods are:**

- Dairy – milk, yogurt, cheese
- Eggs
- Fish – sardines, salmon, tuna
- Collard greens

### **You want to periodically detox your body with good nutrition.**

Not only does a good detox help you physically, but it provides mental clarity, too. Brussels sprouts are a detoxifying food. *Some others include:*

- Foods that have selenium to remove mercury from your system.  
This includes Brazil nuts, eggs, mushrooms, onions, grains and chicken
- Foods rich in Vitamin C to help rid your body of waste.  
You already know about oranges, but you can also include bell peppers, papaya,

and broccoli to your detox shopping list!

- Foods that have plenty of beta carotene. This is what helps your liver function better, and the liver is what filters the waste in your body, so you want it tuned up for maximum performance. Beta carotene foods include carrots, sweet potatoes, kale, squash, and greens (collards, spinach, etc.).
- Foods that have plenty of amino acids in them, to strengthen and help with liver performance. This includes meat, fish, chicken, eggs, grains, beans, and cheese.

If you're having trouble with being bloated, have some asparagus because it helps with that.

Celery is another good one, *as are:*

- Beans
- Watermelon
- Yogurt
- Bananas

If part of your fitness goal is to lose some weight, make sure you have extra bananas in your diet. Bananas help you lose weight in addition to keeping the bloat at bay.

If you need to give your immune system some extra benefits, you can add sunflower seeds and sweet potato to your meals - since both are known to boost the body's immune system.

When thinking of staying fit through nutrition, too many people start thinking about all that they have to give *up*. But the truth is - you don't have to give up a lot of things that you like.

You only need to make small changes such as practicing moderation. You don't have to cut out all sweets. That can be difficult even for someone who doesn't have a sweet tooth.

Instead, allow yourself to have what you want, but stick to a strict portion control policy. This way, you won't feel deprived, but you'll still be taking steps that are good for you.

**Your biggest ally in eating right is going to be your thought processes.**

If you have negative thoughts about food or you use food as a crutch, it's in your best interest to take steps that are necessary to deal with that so that you can open yourself up to a healthier lifestyle.

**Eating right alone isn't enough to keep your body healthy.**

You need to practice some form of exercise - and you need to do it on a regular schedule. If you have a health condition that can make some types of exercise too hard for you to accomplish, look for ones that will take your situation into consideration.

**Exercise is defined simply as physical activity.**

That means you can do things that you *enjoy* doing and it can still help you stay fit. One of the easiest ways that you can exercise is to walk.

**You can add steps to your day in so many different ways!**

Learn to stop parking your car in the closest parking spot whenever you go somewhere. Park a greater distance out in the parking lot and walk into the office or store or wherever you're headed.

**You can buy a pedometer and use that to track your steps.**

Aim to get at least 10,000 steps a day. There are pocket, belt and wrist pedometers that keep track of your steps throughout the day.

**You can use music to move yourself more.**

You can dance while cleaning, while making a bed and even while talking on the phone. For the best benefit to your body, you should exercise at least 3 times a week - longer for more benefits.

**You can start out at 10 minutes a day if exercising is not your thing.**

That short of a time span will go by quickly and before you know it, you'll be in the habit of exercising.

There are many workout DVDs that you can buy online that will cover a wide range of different exercise moves – from beginner to advanced.

*And you can get 'cardio exercise tips' to help keep your heart in good shape.*

**Grab your *Free!* Copy of '*The DIY Heart Health Check*' [Here!](#)**

***Plus ++ Get the 52 part 'daily' E-mail course that backs it up.***

## ***Boost Your Immune System***

**Two people will often come in contact with the exact same virus.**

One of them goes on to develop symptoms associated with the virus, while the second person doesn't come down with any symptoms at all.

The difference in the two is that one of them had a stronger resistance - thanks to their immune system. We often focus on looking healthy – being fit and trim – but you have to consider your inner health as well.

Most people don't give a second thought to their immune system until it doesn't work as well any-more. There are a lot of things you can do to make sure that you're taking care of your immune system.

You probably already know that eating right and taking a multi-vitamin are good ways to keep your immune system fighting those nasty germs you come in contact with.

Exercising, getting the right amount of sleep and avoiding stress as much as possible also boost your ability to fight things off. Avoiding taking an antibiotic unless there's just no way around it can help your immune system stay strong.

Researchers are very worried about superbugs now developing that are resistant to antibiotics, and that's from nothing more than an overuse of antibiotics in the past, which have left our immune systems weak – unable to fend for themselves.

You have to boost your immune system on your own. You can limit your sugar intake and you can eat foods that contain pro-biotics. These help strengthen the immune system.

You can find pro-biotics in olives, pickles, bananas, sauerkraut, tomatoes, green beans, honey, soy milk, Kombucha tea and dark chocolate. The most well-known food with probiotics is yogurt.

To further help your immune system, you can also eat foods that are antibacterial and antiviral in nature. Garlic is one such food. Cinnamon also has anti-inflammatory properties that can boost the immune system.

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## **See the Doctor**

Sometimes, people don't want to see the doctor because they don't want to take the time for preventative check-ups – or they're scared of what the doctor might tell them.

Other times, they learn to live with not feeling 100% - chalking it up to ageing or everyday drains on their energy stores. With the right care, you can feel great and live a much longer life.

There are many health conditions that can be avoided simply by making sure you have regular, annual check-ups.

***Your doctor can often catch little health problems before they become serious.***

Some tests are fairly standard and everyone, regardless of whether you're male or female should have the tests. If you're sexually active, regardless of your age, you should be tested for sexually transmitted diseases as some of these have been linked to cancer.

**Some tests are known as milestone tests.**

These are tests that follow guidelines telling you when the suggested testing time is. This is the time that preventable conditions can usually be caught.

**Many of the tests will be the same for men or women, but some will be different.**

Women in their 20s need to have their blood pressure checked every couple of years if it's within normal range.

**If it's not, it should be checked every year if it's borderline.**

Blood pressure that's greater than 140/90 needs to be treated. One of the reasons that doctors monitor blood pressure, even at an early age, is because high blood pressure can be a sign of diabetes.

In their 20s, women also need baseline cholesterol tests as well as diabetes screening. While a woman should always perform self breast exams, a doctor will also often perform one, but a mammogram isn't necessary unless a lump is felt in the breast tissue.

A pelvic exam and a pap smear should be done during this age range, even if a woman is not sexually active. Any needed immunizations should also be done during this time.

While a woman is in her twenties, although two physical exams a year are recommended, most women at that age rarely have a physical.

***It's best to schedule at least one a year if nothing else.***

When a woman reaches her 30s, she should add thyroid and skin cancer testing to what needs to be done. You should go sooner if you have problems associated with thyroid malfunction, moles or new growths.

In her 40s, a woman needs a mammogram regardless of whether or not there's a family history of breast cancer. A doctor-performed breast exam should be done in office, as well as a pap smear, HPV test and any needed STD or other medical tests.

By the time a woman reaches 50, her milestone tests should include thyroid hormone testing, a rectal exam, a blood pressure check, cholesterol testing and a colonoscopy.

When you're in your 60s, you should stay on top of your regular milestone testing and add a bone density scan test to that list. Hormones will be an issue post-menopause, so they will always need to be monitored.

For men, they need physicals, skin cancer, blood pressure, cholesterol, diabetes and STD testing within the same age range that a woman does.

***But a man should also have a prostate exam at the age of 50.***

If he has any risk factors associated with prostate cancer, then he should be tested at the age of 40. Your doctor may perform a faecal blood test to see if there's rectal blood not visible to the naked eye.

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## ***Dental Health***

**Certain oral diseases can be indicative of other health problems.**

Your dentist can tell if you have diabetes from an oral exam. He can also see if you have thrush - even in its early stage.

**That's why it's important to have regular dental check-ups.**

You need to go every six months for a check-up and to have your teeth cleaned.

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Your dentist can make sure that you don't have gum disease or something more serious - such as oral cancer.

If you have a serious health condition like diabetes or a disease that causes a weakened immune system, you should visit your dentist more often than the usual 6-month timespan.

To keep your teeth healthy and keep from putting bacteria in your mouth, you should change your toothbrush at least every three months - but more often if you've had an illness.

You should never store your toothbrush in a closed case or in anything where bacteria can readily breed.

***Your toothbrush needs to be placed where it can dry between brushing.***

Living your best life means being pain-free and also feeling beautiful (or handsome). Ask your doctor about proper teeth-whitening options for you, and stay away from stain causing elements like coffee, or brush your teeth so that it's not sitting on your teeth for long periods of time causing discolouration.

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## ***Eye Health***

**There are a lot of diseases that can take your sight, even if you're a young person.**

These diseases, if they're caught in time, can keep you from losing your vision or alleviate further vision loss.

If you currently have some vision problems - like you're near or far-sighted - then you should have regular exams. When you're in your 20s, you need to have your eyes checked every 24 months unless there's a problem.

**Some problems are high indicators that you've got a serious issue going on.**

If you experience sudden changes in your vision or see spots or lights flashing, you need to see an eye doctor immediately.

**Seeing floaters when you have vision problems can be a sign of high blood pressure. *These floaters can also be a sign of diabetes.*** Be sure and make an appointment ASAP so that your doctor can rule out any serious health concerns.

**Once you hit your 40s, you need to have an eye exam every year.**

Remember that getting your eyes checked isn't always about dealing with problems you may be experiencing but is also about keeping any possible problems from happening.

The earlier you get treatment for things like cataracts or glaucoma or age-related macular degeneration, the more sight you can salvage.

***Don't be afraid of getting a diagnosis – be afraid of not getting one in time.***

You should always protect your eyes from injury by wearing the appropriate eye-wear. *Wear safety glasses when needed.*

To protect your vision from damage by bright sunlight in the summer time or the sunlight glinting off of snow, you should wear sunglasses (but not cheap low quality).

***Light sensitivity can be a sign of damage.***

## ***Internal Medicine***

Sometimes, you can have something going on inside of your body and not even know it. That's why if something feels off, you should have it checked.

***Pain or symptoms that last need to be examined.***

Internal medicine is treatment of issues regarding the digestive tract, your organs and your glands. You can visit a general internist who can give you an overall check-up.

But there are internists that specialize in one or more particular area of internal medicine.

For example, cardiology is a sub-specialty that falls under the heading of internal medicine.

***You can get 'cardio exercise tips' to help keep your heart in good shape.***

***Grab your Free! Copy of 'The DIY Heart Health Check' [Here!](#)***

***Plus ++ Get the 52 part 'daily' E-mail course that backs it up.***

### **You also have:**

- Endocrinology
- Geriatrics
- Gastroenterology
- Hematology
- Rheumatology
- Nephrology
- Oncology
- Pulmonology
- Immunology.

**You would see an internist to treat a condition such as arthritis.**

*If you have arthritis, you would see a rheumatologist.*

If you had problems with your digestive tract, you would see a gastroenterologist, and so on.

### ***New in Health***

**Tomatoes are delivering good health news for both men and women!**

As a woman ages, her risk of cancer increases.

*After menopause, a woman is at risk of specifically developing breast cancer.*

A recent study has shown that if postmenopausal women consume meals that are high in tomatoes or tomato rich foods, it can lower their risk of getting breast cancer because tomatoes can increase adiponectin hormones.

Recent studies have also shown that a tomato rich diet can lessen the odds of having a stroke. For men who consume a diet that's high in tomatoes and tomato-based products, the food can lower the risk of developing prostate cancer.

**There's plenty of good news for those who already *do* have cancer.**

Scientists have found a way to treat blood cancers that is gentler on your system than chemotherapy.

*They're called **B-cell receptor pathway inhibitors** and they work well with leukemia patients because they destroy cancer cells, without destroying healthy cells, which is why chemotherapy is so traumatic for people.*

Researchers are always finding new and improved methods to spot health issues sooner and treat them faster and better.

***Your role in the equation** is to empower yourself by adhering to a preventative health regimen and doing what you can to bolster your body from disease.*

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## **Stress**

**Doctors have warned patients about stress for many years now.**

That's because stress can cause a lot of damage to a person - both in a physical as well as a mental capacity.

When you experience stress, especially if that stress is long term, the effects begin to show up in various places in your body. You may begin to experience headaches and even start to develop migraine headaches that are so severe they impair your ability to function.

**Besides headaches, stress can also cause stomach issues.**

You can develop stomach pain that's so sharp it feels like an ulcer - and yet medication won't make the pain go away.

**Stress can bring on high blood pressure** that can remain elevated and lead to additional health problems. You may start to have chest pains that cause you to question whether or not you're having a heart attack.

Muscle aches and pains are also part of the ways that stress can show up in your body. Some days it might feel like the weight of the world is literally on your shoulders, and you can't even crawl out of bed to face the day.

**Changes in bowel habits are common when you have stress in your life.**

Constipation, diarrhea or a combination of both can happen. Nausea and feeling light headed or off balance are other symptoms that show your body is under stress.

**Stress takes a toll on your immune system, too.**

It can cause you to not be able to fight off simple viruses as easily as it could before. You might notice you're constantly plagued with colds.

Fatigue often goes hand in hand with stress, yet no matter how tired you are, you may find that you're unable to sleep. Insomnia keeps you tossing and turning throughout the night because you can't find any relief from your thoughts.

**If stress relief isn't found, you may begin to experience a lack of interest in sex.**

If you currently have any medical issues, stress can make the symptoms associated with that condition more pronounced.

People with asthma and arthritis will often have worsening symptoms due to the stress. Those who have diabetes will experience higher than their normal glucose level readings.

**Mentally, having stress that's not dealt with can lead to depression.**

You may start to feel a cycle of sadness or grief that's just not relieved by anything. You may feel like there's nothing worth smiling about and everything you used to find joy in, you won't want to participate in.

**Anxiety is common with stress. *You may feel jittery - unable to sit still.***

Trouble handling anything that comes up at work may be part of what you go through. Spacing out, performing your daily activities (*but not really being present*) is also common with stress.

**Mood swings are typical with stress and anger is usually more noticeable.**

Stress can make a person more apt to have a short temper. You may start to pull away from your family and friends.

**During times of stress, addictions often develop.**

***Stress that lasts longer than a few weeks can lead to problems eating.***

You may start to eat too much as a way of trying to quiet the inner turmoil and learn to quell the stress in an unhealthy manner.

**This is how a food addiction can start.**

Or you may go the opposite direction and begin to avoid food. Stress is a common cause of eating disorders as people try to find a way to stop the anxiety through something they *can* control.

People trying to deal with stress can also often develop alcohol or drug addictions as a way of trying to feel better and to numb their thoughts. It might start out infrequent, but become a crutch as time goes on.

### **Stress can affect relationships.**

Isolation can be part of how people try to deal with stress. They disappear physically, avoiding their family, friends and co-workers and begin to shun social gatherings.

If you experience any of the symptoms of stress, then you need to find a way to get relief so that you can live your life with inner peace. You have to recognize your stress triggers and then choose a plan to deal with them.

## ***Stress Triggers***

Although stress triggers can vary according to the individual, there are many common stress triggers that everyone can have. ***Worrying can make stress worse.***

In fact, stress can put down some pretty strong roots if you have a habit of worrying. Topping the list of stress triggers is financial worries. Thinking about money - especially the lack of having enough to pay the bills - can trigger stress.

### **When there are money problems, it can keep you up at night worrying.**

The next day, you're not productive and thinking clearly, so the crisis continues, worsening with each passing day.

Relationships and problems within those relationships can also be a stress trigger. In relationships involving couples, the top three stress triggers are arguments over in-laws, sex and money.

***In households with adult children***, stress triggers can be caused by worrying over conflicts with the adult child. In this day and age, many kids have flown the coop, only to return home soon because they can't find a way to support themselves.

**Work can bring on stress.** Even if you aren't overwhelmed with duties, you can put on a self-imposed pressure that can stress you out. Resentment toward a co-worker or a boss can be a stress trigger, too.

Becoming too busy and getting overloaded with things to do to the point that there doesn't seem to be enough time in the day to get everything done can make you feel stressed out.

***When you reach this point, you may begin to notice physical symptoms of stress.***

Worrying about the future, about what might happen in various areas of life and with those you love is a common denominator among people who deal with stress.

**Having a lot of disorganized or cluttered areas in your life can lead to stress.**

That's why it's important that you make sure that your environments are designed for calmness and relaxation.

**Striving to be perfect in everything you do will lead to stress.**

No matter how hard you try, you will never reach perfection in everything that you do and aiming for perfection will only leave you feeling frustrated and riddled with anxiety.

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## ***Stress Relievers***

**Stress can make you feel like you're living inside of a pressure cooker.**

It can either be internal or external in nature and it often makes a person feel like he or she has no control over whatever is going on.

The key to finding a successful stress relief option is to make sure that it addresses the type of stress you have. Stress relief techniques can help you learn how to deal with stress by teaching you ways to cope - and it will help you feel more in control of your stress.

One of the simplest ways that you can deal with stress is to check your sleep habits. Whenever you're not getting enough sleep, it can cause stress, and it can also prolong the time it takes you to learn the process of how to cope with it.

**Make sure that you take steps that help you sleep.**

Don't deal with anything that triggers your stress right before it's time to go to bed. That means avoid paying bills, not getting drawn into relationship conflicts and not spending time thinking about issues that you can't solve at that moment.

**Learn a mental technique to help you sleep.**

***Imagine rounding up all of the things that cause you stress.***

Open a door in your mind and push the things in there.

Close the door and bar it, promising yourself that you'll deal with them in the morning.

What usually happens is that when the morning comes, you'll be able to think with a

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clear head and understand that the issues are solvable if you deal with them. It will help you not feel overwhelmed as you try to fall asleep.

**Avoid caffeine and any upsetting news stories right before bed.**

***Try to make sure that your bedroom is a haven.*** If possible, don't use your bedroom for anything other than as a comfortable place to sleep.

**Exercise is another great stress reliever.**

The type of exercise that you do is up to you. You can aim for something low impact such as walking, or you can take up a cardio routine.

Whatever exercise it is that you choose to do, it will help you deal with stress and there's a good reason for that. When you exercise, it makes you feel good because it stimulates your brain to produce endorphins.

These hormones give you a feel good effect - a natural high that can last for hours and sometimes all day. Exercising has long been known to fight stress because it allows you to feel a sense of control.

**It can alleviate many of the symptoms associated with stress.**

Exercise improves blood flow to the brain, which can help you deal with headaches. You get lowered blood pressure readings when you exercise - even if it's stress that raises your blood pressure.

Getting active with exercise also relieves the tension that stress places on a body. That means the muscle aches and pains that stress introduced into your life can be relieved by exercising.

You'll also discover that your glucose level will smooth out and your emotions will improve. You learn to feel good about yourself, about your body and about your environment when you feel like you're in control.

**Plus, exercising gives you a host of benefits besides dealing with stress.**

It can make you feel more energetic, get you in shape and it can help you get a good night's sleep - *all of which will help you get a handle on stress.*

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## **Yoga**

### **People successfully use yoga to help them deal with stress.**

There are different styles of yoga - but the benefits are the same with each style. Yoga is a series of poses that can relieve stress in your body.

### **While some people see it as a form of exercise, it's really much more than that.**

Yoga is a relaxation technique that can give you the necessary coping skills to combat stress - but it can be used throughout your life to help you remain focused within rather than without.

Instead of focusing on the internal or external stress triggers, yoga shows you how to focus on breathing and relaxation. The practice teaches you not to dwell on what's happened.

This is an area that causes many people stress and it does no good to constantly rehash old events unless you're willing to take action on them. That's why yoga doesn't teach that the stress triggers aren't viable - but that keeping them on a hamster wheel in your mind does more harm than good.

### **Dwelling on things you can't solve is counterproductive.**

*Yoga teaches people to also not think about what may come in the future.*

While you can't solve what's already happened by stressing over it, you also can't prepare for the future by stressing about what may come into your life.

Instead of looking back or forward, yoga teaches users that the present is sufficient in order for you to live the best life possible. While yoga can't remove the situation causing you stress if your stress is external, it can remove the emotional response that the stress triggers internally.

By learning how to stop fretting and stop focusing on the stress and instead learning how to simply *be*, you'll be able to minimize or eliminate the stress that you're facing.

If you're a beginner with yoga, you might want to look at the Iyengar yoga, since that style is fairly easy for those new to the practice. If you want to use yoga as a form of exercise to deal with the stress, you'll want to check out Bikram yoga. For a yoga practice known to target stress, you might find Kundalini yoga helpful.

## ***Meditation***

Meditation has been around for years and is used as a successful means of alleviating stress. During meditation, the mind stops the focus on the stress and instead focuses inward, reaching toward a calm mindset.

Meditation helps those who do it to learn coping skills and helps them be able to look at what causes the stress with a better point of view. It also helps you see how to stop dwelling on the negativity associated with the stress.

**There are several different types of meditation that you can use.**

Among the most popular are transcendental, mantra and mindful meditation.

Qigong and Tai chi are also popular.

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## ***Aromatherapy***

With this type of stress relief therapy, you learn how to use essential oils to promote relaxation and freedom from stress. These oils have a calming effect and can promote the body's own natural stress relief triggers.

**These plant oils can be used in various ways.**

*You can use them in a bath or as a room spritzer.*

But the most common way that people who use aromatherapy as a stress reliever is in the form of candles or on unscented incense sticks.

**You can buy aromatherapy candles or make your own.**

It's the same with the aromatherapy incense sticks. You can buy them scented or unscented. Drops of the essential oils can be used to scent the sticks and placed in a holder.

Choose an oil that's known for its calming properties such as lavender or jasmine. There are also aromatherapy machines that release puffs of scent into your home or office without you having to think twice about it.

## **EFT**

**This is short for 'Emotional Freedom Technique'.**

To relieve stress with this form of therapy, you learn how to locate and tap pressure points located on your body. These pressure points in turn trigger the relief from stress.

**The basis for this technique is found in the electromagnetic energy in the body.**

When this energy is tapped into, it can relieve stress, similar to acupuncture or acupressure therapy.

Using a gentle touch with their fingers, those who practice EFT will tap the points and while tapping, will use the mantras practiced in the therapy.

Unlike yoga, instead of not looking at the core cause of the stress, EFT therapy has the users directly address whatever the problem is.

The problem or situation that led to the stress is acknowledged, but followed up by a positive affirmation so that you don't end with a focus on the stress itself. The mantras used are a form of self-acceptance that help calm the emotional impact of dealing with stress.

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## **Beauty**

**It's true that beauty is only skin deep - *the greatest beauty is on the inside.***

But you want the outside of your body to look the best that it can because it makes you feel good.

By following a few beauty routine tips, you can look as great on the outside as you feel on the inside. Both men and women can benefit from learning a beauty routine.

## **Body Shape**

**You can start with your body shape.**

It's so easy to let a few pounds sneak on, but as you age, those pounds can continue to bring more pounds with them - *unless you stop the weight gain.*

**But did you know that being out of shape is not always about being overweight?**

Even slender people can be out of shape if they don't exercise.

Getting in shape can firm up problem areas, can make you feel great and it can improve your overall health.

***By exercising, you can lower your BMI,*** which in turn will lower the amount of visceral fat around your internal organs. Since habit is the number one reason that many people get out of shape, you have to break the habits that hold you back from optimal health.

**That means flipping a sedentary lifestyle into an active one.**

Or if you have an active life now and you're always on the go but you don't have to deliberately exercise, then you might want to consider making some changes.

**Because your health is just as important as whatever is filling your schedule.**

Make getting in shape fun. Sign up with friends or as part of a group at your workplace.

**If there isn't a group, think about heading one up.**

You're already at work anyway, so you might as well reap some health benefits from it, too. Join a gym if you can, but if you know that's not your style, get a pedometer and walk as much as you can.

**Challenge yourself to add more steps each day.**

Since a lack of motivation often wipes out the desire to get in shape, find ways to keep your motivation high.

***Reward yourself for every “getting in shape” milestone that you reach.***

Have short-term goals and break them down in easy time limits such as weekly, biweekly and monthly. When you accomplish a lot of smaller goals while working toward getting in shape, it will make you feel more productive.

**Don't compare yourself to others that are in shape.**

Avoid shaming or any kind of negative self-talk when it comes to getting in shape. ***Always give yourself the love and acceptance that you deserve.***

## ***Anti-Aging***

**For both men and women, your skin has a lot of work to do.**

It protects you against germs that would get into your body and make you very ill. Your skin helps maintain your body's temperature, too.

When you get too hot, your skin allows you to perspire and cools you down. It carries messages to your brain whenever you touch something to protect you if it's too hot.

Time takes a toll on this hard working organ unless you take steps to keep your skin in good shape. What happens is that as you get older, your skin begins to sag.

You'll start to notice fine lines around your mouth and eyes as early as in your twenties. This is because as you grow older, the elasticity in your skin changes from collagen loss.

**That's why you should look for products that fight ageing.**

You want to keep your skin healthy and firm. You can get creams, lotions, or anti-ageing gels that can slow the havoc that the passing years will do to your skin.

**Look for products that regenerate your skin while minimizing wrinkles.**

Many of these products are serums that will hydrate your skin and blot out blotches while giving your skin that younger, healthy glow.

When you're shopping for these products, look for anti-ageing eye creams and don't forget anti-ageing products for your lips as well. Ageing shows up on your lips in the form of flakes, dryness, wrinkles or a combination of the three.

There are products that you can buy to keep your lips looking smooth and soft that are more powerful than an ordinary Chap-stick balm. You can also find some with built-in SPF to protect your lips from the sun's harmful rays.

## **Skin Care**

You don't want to wait until you're older and damage has shown up before you start taking care of your skin. Right now, whatever age you are, you want to follow a beauty routine for your skin.

### **Start by making sure that you don't accidentally age your skin yourself.**

This can happen if you spend time in the sun and don't use an appropriate sun block. The sun can age your skin and give it a wrinkled, leathery appearance when you're older.

### **Keep your skin clean by using facial cleansers and don't forget to exfoliate.**

Sometimes men will avoid certain skin care routines because they just don't think about it. But your skin matters and women do notice a man with great looking skin.

### **Everyone gets blemishes on their face.**

Some people are more prone to skin problems than others, but that doesn't mean that there's no hope for fixing the issues.

There are products that are just right for any type of skin that can clear problems right up. One thing you may not realize is that when you shampoo and condition your hair, there is often a faint residue left on your skin.

### **You won't see it - and you may not even feel it - but your skin does.**

And what happens is this residue stays on your face and goes to work clogging up your pores.

When that happens, you end up with blemishes or dry, irritated looking skin. That's why it's important to use a facial cleanser that will clear your pores and remove any acne spots.

Even if you don't have problems with your skin, you should use a daily moisturizer. If you're a man, you may wonder why you should moisturize .

***The answer is for the same reason that a woman should.***

Because moisturizing protects your skin against the bad effects of weather changes - both from cold and humid weather. It hydrates your skin and it promotes new skin growth.

If you've noticed moisturizers before, you'll see that there are plenty of them available both offline and online.

***But which moisturizer to buy depends on what's in the product.***

There are a couple of ingredients that you want to pay attention to in a moisturizer. The first ingredient is glycerin. This is what will help keep your skin hydrated.

**The next ingredient that you want to look for in a moisturizer is antioxidants.**  
***These gems fight ageing in the skin.***

Proper skin care means you adhere to a regimen of nurturing and protecting the skin that you're in – regardless of age or gender.

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### ***Hair Removal***

Hair removal is part of a beauty routine that's followed by men and women. Unfortunately, this is an area where a lot of people cause damage and premature ageing to their skin without even realizing that it's going on.

**For men, shaving can damage the skin.**

This happens because many shaving creams that are bought at the grocery store have a high level of alcohol as a large part of the ingredient content.

**This alcohol is what dries out your skin.**

Your shaving cream should be chosen according to your skin type. If you have sensitive skin, you need a shaving cream that's made for men with sensitive skin.

**There are also shaving creams you can buy that will moisturize your skin.**

You want to look for shaving cream that contains natural ingredients. These products do cost more because they contain ingredients that are good for your skin - such as aloe vera and speciality oils.

**In the end, the cost is worth it because you'll have better looking skin.**

After you shave, you don't want to apply an aftershave that contains alcohol. This is the reason that your skin might feel like it's burning when you put it on.

The alcohol in the aftershave is hurting your skin. ***Look for all natural aftershave.***

**Women need to look for shaving creams that are natural, too.**

Just like high alcohol content in shaving cream can dry out a man's face, it can also dry out the skin on your legs.

If you have a medical condition or genetics that make you prone to hair in unwanted places such as your face, you can use facial hair removal products.

***For products that are best for your skin, look for organic ones.***

**Having well groomed eyebrows can make a difference in how you look.**

Eyebrow tweezing is a normal part of hair removal and both men and women should keep their brows in shape.

Once you shape your eyebrows, all you have to practice is watching out for hair that grows outside the shape and remove those. Where most people run into problems with tweezing is they try to dry pluck and that can be painful.

Before you attempt to tweeze your eyebrows, you should warm the area with warm water and dry it off. The warmth relaxes the area and makes it easier to get the hair out.

Each time you use your tweezers, you need to clean them with an alcohol wipe to remove any bacteria that might be present.

***This will keep you from getting an infection.***

## ***Hair Care***

The best way to have healthy, shiny hair is not to wash it every time you take a shower. Your body naturally produces the oil it needs to keep your hair looking luxurious.

**When you wash it every day, you wash away the oil that your hair needs.**

For best results, don't wash your hair more often than three to four times a week. But you *can* use conditioner more often.

The conditioner that you use, just like the shampoo that you use, should be a high quality hair care product. Don't settle for whatever you can pick up off the shelf simply because it's inexpensive.

If you can afford to spend extra money on the better hair care products, then do it. However, if you can't, instead of buying cheap shampoo, look for baby shampoo.

***This is inexpensive and yet good for your hair.***

**Look for shampoo and conditioners that match your hair type.**

If you have oily hair, then buy shampoo that's geared toward treating oily hair. If you have dandruff, you should wash your hair in a dandruff shampoo regularly for 30 days.

Dandruff isn't supposed to be an ongoing condition, so dandruff shampoo should clear it up. If that doesn't work, at the end of the 30 days, you need to see your doctor about getting a prescription to treat the dandruff.

Avoid using any type of hair gels that have alcohol content because that can dry out your hair as well as cause frizz. You also want to avoid using heat appliances such as dryers and curling irons because this damages your hair.

**Too much sun can damage your hair, too.**

If you know that you're going to be out in the sun for awhile, cover any part of your scalp not covered by hair with sunscreen.

**Your lifestyle is an important part of hair care.**

*What you eat will make a difference in how healthy your hair looks.*

A diet lacking in vitamins and minerals can make your hair look dull and lifeless. Reduce stress because stress can cause hair loss.

When it comes to living your best life, make sure you pamper yourself with an up-to-date hairstyle each year. You don't want to be stuck in another decade just because it's what you've always been used to.

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### ***Nails***

**Remember being told not to bite your nails? *There's a good reason for that.***

When you bite your nails, you open yourself up to the possibility of getting an infection – not to mention, it makes your hands look less beautiful.

**Instead, keep your finger and toenails trimmed to the desired length.**

Before you trim your fingernails, soak your hands in warm, soapy water to make the nails soft and easy to cut.

**Keep them clean by using a nail brush and warm, soapy water.**

*Never use a sharp object such as a pocketknife to clean underneath your nails.*

Use a nail file and go in one direction only to keep your nails filed down and keep the ends strong.

Keep your cuticles pushed back with a cuticle stick and don't rip off your cuticles.

Use a cuticle trimmer to neatly trim any stray pieces of skin.

When you're working around the house or the yard, always use gloves to protect your nails.

If you run into a problem such as peeling, breaks or splits – know that these are all signs of weak nails – and you can buy nail hardener or nail creams to give them back their strength. *Look for products that are free of formaldehyde.*

**Treat yourself to a professional manicure and pedicure periodically.**

And if you're a woman, look for trendy ways to paint your nails with designs that you do yourself.

## ***Make-Up***

If you're not comfortable putting on make-up because you're not really sure how to do it but would like to learn, there are free tutorials you can watch online. Make-up can be used to enhance your natural beauty, conceal blemishes and scars - and make your skin look great!

**Always buy make-up that's suited for your skin tone.**

When you buy foundation, you can get it with or without sunscreen. Many people think foundation needs to cover the entire face, but its purpose is to even out skin tone and should only be applied in certain areas where your tone needs evening out.

If you put your finger down into the foundation bottle, you need to replace it more often due to the possibility of bacteria transfer.

*Instead, use disposable methods of getting foundation out of the bottle.*

**Face powder can keep much longer, years in many instances.**

But you should change your eye shadow, mascara and eyeliner four times a year. If you get some kind of eye infection, you should always toss out what you were using and get new products immediately.

Get top quality make-up brushes - but don't forget to clean these brushes regularly to keep them free of bacteria. You can wash them with warm, soapy water and let them air dry.

In terms of beauty, women who wear make-up need to understand how their cosmetics and the application of them evolve over time. A woman who is showing signs of ageing can't recapture her youth with bright red lipstick and harsh eyeshadow.

**In fact, this can age you much more.**

It's better to meet with a cosmetic consultant for your favourite brand and learn about the right foundations and colour pallets for your skin type and age.

## ***Fashion***

Dressing for your body type isn't a matter of being happy or unhappy with your shape. It's a matter of simply dressing to look your best regardless of how tall, short, slender or overweight you are.

By dressing for the type of body shape you currently have, you'll wear clothes that flatter and enhance your body. If you're a man or a woman and you're short and a little overweight, wearing pleated pants will make you look bigger.

If you have wide hips or a large stomach, wearing skinny jeans will make you look oddly proportioned. If you're short, wearing pants with a higher waist will give you the illusion of height.

Choose clothes with vertical lines because vertical lines trick the eye into thinking there's more height. Choose tops and bottoms that are the same. If you wear a black pair of pants, wear a black shirt. This creates the illusion of height as well.

*V-neck shirts make you look taller as do shorter jackets.*

If you're a larger bodied man or woman, you should make sure that you avoid clothes that are loose or that bag. These types of clothing items only add the appearance of weight to your frame.

Regardless of your size, dress in ways that flatter your figure and make you feel good. If you carry a lot of weight in your waist, don't wear flared jeans. If you feel that your body is too thin, you can wear clothes with horizontal stripes to create the illusion of width.

**You can also layer your clothing, but don't use baggy layers.**

Use well-fitting clothes with each layer. Baggy clothes almost never help any body shape – *they just look sloppy.*

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## Career

### **Job satisfaction is rare for most people.**

That's an unfortunate thing because we put our careers first, thinking that a certain salary or a specific position will deliver all of the happiness we need to seep into the rest of our lives.

### **There are many people who approached their career from the heart.**

They wanted to help people, so they pursued a position that might have been great starting out, but which never allowed them to financially support their families.

Others went after the pay-check, leaving personal satisfaction aside, and that hurt them just as much because they now have to wake up and go to a job that they hate each and every day.

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### ***Analyze Your Career***

If you had to rate your job on a scale of 0-10, with 10 being the best job you could ever imagine, where would it rank? Chances are, it's pretty low. Even if you enjoy the camaraderie of your co-workers, that doesn't always translate into deep job satisfaction.

***Think about what makes you happy*** – and figure out if you have that in your current career.

### ***For example, it might be:***

- Getting to work on tasks independently (or in groups)
- The opportunity to advance within the company
- The way upper level management communicates with and treats lower level employees
- The pay scale
- The security of your job

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- The flexibility you have between your work and home life
- The depth at which your skills and talents are utilized on the job
- Your benefits package
- The office friendships – with co-workers and supervisors

Those are just a few things that people consider important when it comes to their careers. What does it do for *you*? You have to take a good, hard look at what your current career has (or lacks) and then decide if you could do better elsewhere – either with a new company, in a new position, or even in an entirely new career.

## ***Switching Jobs***

If you find that your job isn't living up to your expectations, no matter how long you've been there or how old you are, you'll need to make a change – and the sooner, the better!

If the company is a good fit, but the position isn't, you can work with human resources to acquire the skills you need to level up, or make a lateral change within the company.

***Be honest about your quest to find a fulfilling career*** and show them your enthusiasm to work on yourself for the good of the company. Most employers love promoting and filling open spots from within.

If the company isn't a good fit, but the career title is, then start looking for a company whose vision matches your own. You can learn a lot by researching the company and its employees online.

There are sites like [glassdoor.com](http://glassdoor.com) that can tell you a lot about what real people think about working there. You might find a few disgruntled employees verbalizing their disdain, but that might just mean it wasn't a good fit *for* them. Look for an overall snapshot of how the company operates to make your final decision.

### **Start networking on LinkedIn and Twitter**

(maybe even Facebook and Google Plus) to become known in the industry that you want a career in. This will give you a foot in the door with a company that's otherwise hard to get an interview with.

**You might even find that you need to go back to square one** – earning a new degree or starting over with gaining experience in a completely different field.  
*Don't be overwhelmed with this decision.*

There are online classes and night classes that you can take to increase your education for the right career, even while working your old one to help pay the bills during that time.

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## **Job Counselling**

**Some people don't know what job would be the best fit for them** – they only know they're not happy with the one that they have. If you're feeling this way and have never had any sort of career counselling, then you can definitely go that route!

Have you ever tried reading books on the subject that you can buy, such as *Who Moved My Cheese* and *What Colour Is Your Parachute?*  
*Those can be beneficial in giving you some direction.*

There are also career counsellors who you can meet with locally or on the Internet. These people will be giving you a series of tests, and looking at your skill-set and interests to see what might provide you with the ultimate satisfaction.

**You might also want to meet with a life coach in person or online.**  
Sometimes they can add more information into the equation to help you develop a plan of action to get the job you really want.

## **Finances**

When you're worried about money, either now or for your future, it makes it hard to relax and enjoy your life. The sooner you get hold of your financial health, the sooner you'll be able to live your best life.

You can live your best life financially if you take a four-pronged approach to the situation.

*First*, you have to know where you stand financially.

*Next, pay off all debts and work on improving your credit score.*

*And last*, build your wealth and savings so that money is never an impediment to your happiness again.

## ***Take Stock of Your Situation***

### **It's difficult to look at sometimes.**

We like to keep a blind eye to our finances because when you're in debt, or not as cash-heavy as you want to be, it can make you feel uneasy.

But if you want your situation to improve, you have to know where your starting point is. Make a spreadsheet, or even use pen and paper if you need to, and write down all of your debts.

**Try to organize them in order.** You can do it in order from least to greatest amount owed, from highest to lowest interest rate, and so on. However you think you might want to pay them off, order them that way.

### ***Write everything down, including:***

- Total amount owed
- Minimum payment
- Date due
- Interest rate

### ***Take stock of your monthly bills, too, including:***

- Mortgage or rent
- Car payment
- Electric
- Water
- Phone (land-line and cell)
- Insurance...etc.

### **Tally up your totals and your monthly minimums to see where you stand.**

It might be eye opening for you – a sign that you've been living far beyond your means. That's not a bad thing to discover, as long as you take steps to curb your spending habits now.

## ***Pay Off Debt***

**To live a life with financial peace of mind, you need to be in debt to no one.**

Owing lenders is a bad feeling, and it just takes one personal catastrophe to bring creditor to your doorstep hounding you for payment relentlessly.

**Make a plan to become debt-free as soon as possible.**

You want to choose how you off your debt according to the motivational or money savvy methods. Either way is okay, as long as it spurs you into taking action.

The money savvy method means you pay off high interest rate cards first – so that you're not racking up a lot of needless interest payments that cause you to take longer to get out of debt.

You'll look at the card or loan that has the highest interest rate and begin knocking it out first. When that bill is paid, apply whatever minimum monthly payment you were putting toward that card to the next one in your cross-hairs, and so on.

The motivational method is one where you keep your spirits high as you face this mountain of debt. You'll be paying off your debt from smallest to greatest amount owed.

This means you knock out cards *faster*, giving you a sense of pride and helping you see that your efforts are working. You knock out a small card and then apply that minimum payment to the next card on your list.

**Don't save up until you have a full amount to send off.**

Every time you have a little bit left over in your budget – even \$5-10, send it in toward the pay-off. You'll save on interest and also resist the temptation to spend it on other things if the urge arises.

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## ***Improve Your Credit***

**Part of improving your credit will occur as you begin paying off your debt.**

You want to find out where you stand, so run your credit report from all three credit bureaus (*you can get one free one each year*) – and also find out what your score is.

**You ideally want to be have a good or higher rating.**

***You don't want average or high credit risk.***

You might not be applying for new credit cards once you make the decision to build wealth, but you may someday need to get credit for a big ticket item like a mortgage or car loan.

Your credit report will tell you what you're doing right and what you're doing wrong with your credit. For example, if you've missed a few payments, that will put a ding in your score.

**If your cards are all maxed out, that can hurt it, too.**

The more room you have on your cards, the better your score will be, so try to keep balances low – ***pay them off in full whenever possible.***

**Don't close out credit cards you're not using.**

One thing that contributes to a healthy score is longevity with your lenders, so the longer you've owned a card and been responsible with it, the better it will serve your credit score.

## ***Build Wealth***

**Wealth building means different things to different people.**

But one thing everyone can agree on is that it means never owing anyone again, and having the funds to live your best life – by doing the things you feel are important.

**First, you need to come up with an emergency savings.**

This is the equivalent to several months' worth of earnings. You want to have enough cash on hand to sustain you through a medical emergency or job loss.

**Next, you need to plan for retirement.**

You want to have enough to retire at an age when *you* want to – not having to work for years past your ideal retirement age.

**What do you want to do in your retirement?**

Do you want to buy a second home at the lake or travel around the world?

Make financial plans to sustain you through those goals.

**You might find that your current career can't support this kind of savings.**

So that may mean getting a second stream of income for your household in the form of a second job or the launch of your own online business as an Internet entrepreneur.

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### **Relationships**

The relationships in your life can anchor you through some rough storms that you encounter, like health woes or career turmoil. When you have solid relationships with your parents, siblings, spouse or partner and children – as well as friends and co-workers, it help you feel content with everyday living.

### ***Parents and Siblings***

**Relatives are perhaps the hardest relationships for us to manage** – if they're in turmoil. Instead of being able to cut ties with these people, they're family – so it's harder to remove any negative influences you might encounter.

When parent or sibling discourse is part of your life, you need to learn how to set boundaries so that you can live the best life possible. That doesn't mean you have to slam the door shut on that person forever, but instead learn to empower yourself in relation to their demands.

Maybe you don't even have a terribly strained relationship with these individuals. If you feel guilt for a lack of communication, then try to map out a schedule when you can reconnect with them on a regular basis.

**That may mean a weekly phone call** – or better yet – a Skype call where you can see each other! Or maybe it's a weekly or monthly lunch or dinner where the family can meet up and share what's going in their lives.

### ***Spouse or Partner***

**Your spouse or partner should be a support beam for you – *and vice versa*.** You both should be able to vent frustrations to one another without zapping the other person of their self esteem or their own happiness.

**Likewise, you should be able to share every moment of your best life** – and it's important that the two of you have things in common where your activities and interests cross paths.

It doesn't have to be identical, but you should both be willing to do something the other person enjoys periodically. And make sure you give each other the space everyone needs as they grow into adulthood.

You shouldn't have to keep tabs on someone (or have that done to yourself). If there's a high level of distrust, then it won't make for a good relationship over time.

The best thing you can do for yourself is analyze whether or not your current relationship is thriving. If you don't feel it is, look to see if you think it has potential for repair.

There are certain books, such as - *the 5 Love Languages* by Gary Chapman, which might help you meet each other's needs. If you try various methods to salvage your relationship and it's not working, then you might have to make the difficult decision to move on without that person in your life.

If you don't, and you let a stagnant relationship ruin each and every day, you will see it seeping into other areas of your life – and nobody should live that way.

## **Children**

**The relationship you have with your children is unlike any other.**

There's an unconditional love that supercedes all else in life. But it has to be nurtured and tended to, or problems will arise.

**Kids need attention – *one on one and as a family unit.***

They want to feel safe, loved and proud. Make sure you have a relationship with the other parent that is amicable.

**This kind of communication provides a safe environment for the kids.**

When you're yelling at each other and slamming doors or threatening divorce, it causes a great deal of emotional turmoil on your offspring.

**Make sure the kids feel they can come to you about anything.**

Open up discussions more than just asking, "*How was school?*" You don't want "*fine*" as an answer – you want to know the good and the bad emotions they're feeling when they walk in the door, so you can help them handle it.

**Many parents are in such a rush every day** – from the time you wake the kids up, to after school when activities are pursued, and on to homework, dinner and bedtime.

**Take time each day to lovingly and gently show your kids you care.**

Don't yell "*Get up!*" at them in the morning. Sit down on their bed, pat their back gently and say, "*Good morning!*"

**Eat dinner together at night and talk about each other's days.**

***Tuck the kids in and let them fall asleep feeling loved and safe.***

These small moments are the things that give your children a solid foundation in life – and it helps you feel good about yourself as a parent, too.

## ***Friends***

**We all have friends that vary in the degree of closeness we feel to them.**

We have acquaintances, best friends, and everything in between. Some of them are great influences on our lives – and others, not so much.

You need to evaluate who is good for you and who isn't – and cultivate more of a relationship with those who make you feel *good*. We've all seen the leech friend who takes and takes but never gives anything in return.

That's a hard type of relationship to end, but you can set boundaries and protect your mental health by limiting the amount of contact you have with that person. At the same time, it's important to be a good friend to those who need and deserve it – being there for them as they've been there for you.

Being a hermit, closing yourself off from any and all forms of socialization, is not healthy. It leads to a feeling of isolation and eventually could turn into depression. Find like-minded friends who have similar interests and build a bond with those people.

## ***Coworkers, Boss and Clients***

**The relationships you have in your work environment are more formal.**

Sometimes they cross the boundaries into close familiarity, but that's not always a wise decision.

**Some people make the mistake of opening up their lives (*think Facebook*)**

to co-workers, bosses or clients and find themselves out of a job, or being shunned for promotions based on behaviour outside of work.

Forming good relationships – even friendships – with the people you work with can have a good impact on your life, too.

***Job stress is a very real and very common ailment in our society.***

The friendships – lunch dates, for instance – that you have with others can alleviate some of that stress. Good relationships at work also foster a sense of belonging and respect that your superiors might view as a good contribution for the company if an advanced position opens up for which you're qualified.

To live your best life, look at who you interact with on a daily, monthly, or annual basis.

**How could you improve that relationship? *Should it be limited or expanded?***

## **Happiness And Success Meet Here!**

### **Entertainment**

**You're taught when you're younger** that you need to earn a living in order to be successful financially.

***Becoming financially sound isn't a bad idea.*** But what can happen if you're not careful is that you can become so focused on earning a living and accumulating material possessions that you forget to enjoy life as you live it.

**This is the number one reason why people look back later life and have regrets.**

To live your best life, choose to do the things that give you a sense of fulfilment and make you happy.

**Don't wait until you need it to make a bucket list.**

***Only - instead of thinking of it as a bucket list - create a life list.***

Make a list of the things that you've always wanted to do but never made the time to carry through on regularly.

**Today is the only day that you can say you have.**

***No one is guaranteed tomorrow.***

Entertainment and sheer personal satisfaction shouldn't be fleeting.

It's what we should make of every day.

## **Travel**

When most people talk about retiring from their job, the first thing that they talk about doing with their time is travelling. The problem with that is that when you do get old enough to retire, you won't always be guaranteed the health to be able to travel.

**And sometimes, you won't have the energy to do it, either.**

You can do things physically right now that in ten, fifteen or twenty years, you can't handle. For example, if you've always wanted to spend time in a wilderness area, hiking up a long trail and spending the night sleeping outdoors in a tent is a lot easier on the young than on the elderly.

So many times families put off travelling while they're young or while their children are young because they think it will be better later. But too many times, later doesn't come.

**Life always seems to get in the way.**

Remember that life is made up of memories and shared experiences with those we love. So start right now and live your best life by visiting the places you've always wanted to visit.

Travelling can broaden your horizon, it can enrich you culturally and it can give you a sense of accomplishment and peace that you're doing what you always wanted to do.

One thing that keeps a lot of people at home instead of travelling right now is that they think they'll have a lot more money to travel with when they get older. But travelling doesn't have to be about five star hotels and it doesn't have to cost that much money.

**You can learn how to travel affordably even if you have a large family to care for.**

***You can find cheap transportation for travelling.*** Rather than always booking flights when you travel, spend less by taking the railway, the bus, use share travel or use a car relocation service.

Car relocation services are businesses that have a car in one area, but need to have it driven to another. For example, there could be a car in California that needs to be driven to Pennsylvania.

You pay nothing for driving the car like you would if you rented one - and often, the fuel allowance is included. These cars are protected by high liability insurance rates provided by the service.

**Another form of transportation that you can use is taking an RV.**

You can rent an RV for a week, bring your own food - and you'll still end up saving more than you would if you rented a vehicle and booked a motel room for the week.

You can travel now even if you don't have the same kind of money you would have when you're older – because, besides cheaper transportation, you can find cheap accommodations where you can sleep as well.

You can stay with your entire family at a hostel in Singapore for between \$28-\$38 depending on the sleeping arrangements you get. You get electronic keycards, access to laundry services and a kitchenette.

**There are hostels in many countries as well as in the United States.**

If you've ever wanted to visit California, there are hostels with a view of the ocean that can provide lodging for your family for only \$32.

If you've always thought you couldn't afford to travel now, you may want to rethink how you view travelling. It's not about how much you spend travelling that will matter - but how much you get to enjoy doing what you've always wanted to do.

If you *do* decide to start travelling now, you can make a list of all of the states, countries or specific things you've always wanted to see. Some people travel by choosing desired destinations - while others travel because of their desire to experience things such as seeing the Seven Wonders of the World or the top ten national forests.

## ***Hobbies***

**Having a hobby can be good for your physical and mental health.**

A hobby helps you relax your mind, it gives you energy and it restores your creativity. By spending time doing what you enjoy as a hobby, it helps you handle the other areas of your life.

**You'll discover that having a hobby has cut down on the stress you encounter.**

*You'll have an outlet that lets you unwind from any daily pressures.*

Some hobbies will introduce new people into your life and you'll broaden your social circles.

Having a hobby can get you out of the rut of simply working, coming home and dreading the end of the weekend because you know you have to go back to work on Monday.

Too many people spend their weekends just catching up running errands or finishing responsibilities around the house that they couldn't take care of during the week.

**Don't wait.**

As you go through life, you may have expressed interest in learning a new hobby, but you put it off. You were waiting for when you were older and had more time.

What you might not know is that learning a new hobby can make you feel fulfilled and bring you peace - even if you have a hectic schedule now. Whatever hobby you choose should inspire you.

**It should help you fulfil whatever it is you're passionate about.**

For example, if you have some artistic ability and you've always wanted to explore that, but haven't yet, you can enrol in art lessons and hone that skill.

**Or, you can take a class in learning how to paint.**

Many artists learn how to express with art how they see life and create incredible paintings. *You can take up writing or woodworking.*

**You can race cars or collect figurines.**

You can indulge your passion with crafts or archery.

You can learn how to dance or compose music.

*The field is wide open and there are tons of possibilities.*

What's important is that you start doing whatever hobby your heart desires. Some people even learned how to turn the hobby they loved into a business that earned money for them.

**So they ended up trading making a living for loving a living.**

There are so many tutorials and ways to learn about a hobby, that you'll find that doing what you want to do isn't expensive.

**But how do you know which hobby is the one you want to undertake?**

After all, a lot of things might pique your interest but that doesn't mean that it's something you'll want to stick with for the long haul.

The first way to tell if it's something you really want to do is to see if the hobby moves you. Does it make you feel satisfied and give you an eagerness to get to it?

**You just can't wait to get done with your day to spend time doing your hobby.** Another way that you can tell what interests you is by looking at the plans you have for your 'someday.'

**You know the ones. They start with "Someday, I'm going to \_\_\_"** and end up with you listing what you've always wanted to do but you're waiting for the right time, knowledge, money.

That waiting is a sure road to regret later in life and that's why you should find a way to do the hobby you want to do now. Look at what you like to read about. If you like to read about dancing and you enjoy shows about dance steps, then it's more than likely that you would enjoy a hobby in that area.

***Have a hobby simply for the fun of it.***

## ***Everyday Fun***

You probably have to work so that you can keep a roof over your head and food on the table. Maybe by now you've decided that you won't put off waiting until you're older to do the things you want to do to enjoy your life.

**You may have even decided to take up a new hobby.**

Those are great first steps to take in living your best life. But don't forget that life should be filled with simple, everyday fun things that you can do to replenish your soul.

**To enjoy life every day, there are some changes you may have to make.**

Too many of us go from getting up in the morning to hitting the bed at night and we haven't done a single thing that made us laugh - or that made us pause and enjoy being fully present in that exact moment.

Ask yourself when the last time was that you got to watch the sun rise or set without feeling a sense that you should be doing something else besides just sitting?

When did you last have a block of time carved out of your schedule to do anything you wanted to do? ***Or nothing at all if you chose to?***

Stop living your daily life on autopilot and don't look at your days as one big to-do list.

***To make sure you have fun as part of living your best life, there are some tips that you can follow.***

**Don't let one bad experience, a bad conversation or a bad day bleed into the next. *You can't change what happened.***

Live life with your hand open when it comes to negativity.

**Just let it go.**

Take a deep breath and make a conscious choice that you're not going to live with unhealthy thoughts or situations. Spend some time in your day doing what brings you happiness.

That may be something as simple as taking a walk or enjoying a classic movie. Maybe it's creating a gourmet meal. There are a lot of little ways that you can have fun every single day.

**Give yourself something to look forward to instead of putting it off.**

We all do that. We reward ourselves when we reach certain goals: that job promotion, that weight loss milestone, or that educational achievement.

Reward yourself sooner rather than later simply because life is meant to be enjoyed now, every single day, not 'some day.' Change those things that you don't like that only bring stress and unhappiness to your daily life.

**Hate sitting in traffic during your commute?**

Leave earlier and take the scenic route. Do what replenishes you rather than what depletes you on a regular basis. Remove any roadblocks in your daily life that prevent you from making time for fun every day.

For example, if you don't have time to have fun every day because you're spending too much time in the car going back and forth or you're so busy at work that you have to bring work home, change it.

**Delegate responsibility to others.**

Refuse to bring work home. Sometimes we take on more work than we should because we have a desire to do a good job and we want our achievements to be recognized.

***Later in life, this will be one of those regrets unless you change it now.***

## ***Short-Term Adventures***

If you've always wanted to travel, then you should go ahead and do that now. But if you lean more toward short-term adventures because at heart you're a homebody, then there are a lot of things you can do to have fun - and who knows?

***Some of these adventures could even turn into a hobby!***

While you can plan out many adventures, you can also do a lot of spur of the moment fun things. You can take a hot air balloon ride. There are hot air balloon festivals in several states.

**You can go skydiving or bungee jumping.**

But if those are too adventurous for your taste, then you can go surfing or rafting, fly a kite or go for a horseback ride. Go hiking.

Climb a rock wall or go bowling. Take a tour of the most haunted places in your city. Visit an animal natural habitat. Go to the high school or college sports games. Take in a local theatre performance or visit an amusement park.

## ***Stimulate Your Mind***

When we graduate from high school or college, we often put learning on the back burner. Maybe you had to take core classes that you didn't enjoy. But now that you're an adult, you can study things that you really *want* to learn - things that entertain your mind.

This helps us grow and keep our minds active - which is needed for good long-term mental health. There are a lot of online colleges that offer free courses to adults - including Harvard and Yale.

In these extension classes, you won't get college credits, but you do get to learn about subjects that interest you - ranging from maths to Shakespeare to the Constitution.

When you complete some of the online subjects, you can get a certificate of completion. Visit art galleries and museums. Read a variety of books and listen to books on audio as you sit in traffic or as you travel.

## **Volunteer**

One of the best ways that you can live your best life is to volunteer doing something for others that you enjoy doing. If you like working with your hands and building things, you can volunteer to work with Habitat for Humanity or other community-based services that provide housing repair for those who don't have the means.

### **You can volunteer at a soup kitchen or at a shelter for women.**

You can also get involved with the Big Brother or Big Sister program. You can mentor a young adult or be a mentor to a young family that could use the wisdom you've learned from your life experience to help them change their lives.

**You can help needy animals or children** by getting involved in an advocacy program. You can start a food drive for the hungry or donate to food pantries. Many libraries have reading programs and you can volunteer to read to preschool children.

You can join a literacy program and give books to children in the United States or in foreign countries. If you enjoy sharing the love of literacy, you can sign up to tutor adults.

Whatever you choose to do to enjoy life more often and see the world as a comfortable place for your happiness, take the steps *now* to create a life that you enjoy to the fullest.

**OK ... That's it Folks**, I hope you got some great value from this short E-book.

**If So ... Please share it with your Friends, Family & Associates**, and don't forget to check out the '**Resources**' below as there's even 'More' Free-stuff to be found there!





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As an Entrepreneur I'm certain that you'll understand the absolute need to build an E-mail list, and also that there are numerous tried & tested platforms out there to help you build your list efficiently and profitably. Having said that, I'd like to recommend **TrafficWave** as it not only offers an 'unlimited' list building platform for a basic monthly rate, but it has simply 'the' best affiliate programme that will allow you to earn an incredible income 'as' you build your list. GREAT! .... EH? .... Well please click the link above or the graphic below, both will give you a '30 day FREE Trial' of **TrafficWave** Platform.

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