Health Enews

13 Ways to Live Your Life to the Fullest!

1. **Live everyday with a fresh new start.** Don't be held back with what happened yesterday, the day before, the week before, or the year before!

2. **Quit complaining.** Don't be like a howling dog, always howling and never doing anything. Stop complaining about your problems and work on them instead.

3. **Live more consciously everyday.** Stop sleepwalking through your life. Your life is to be experienced, not coasted through.

4. **Hold yourself to the highest conduct.** Each of us have our own set of ethics, principles, and moral codes. Live true to them everyday.

5. **Learn from criticism.** Be open to criticism but not affected by it. Criticism is meant to help you be a better person. Learn from it.

6. **Be positive.** Is the glass half empty or half full? How about neither? It's actually all full! The bottom half is water and the top half is air. It's all a matter of perception. Take on empowering perceptions, not those that bind you. If you can see the positive side of things, you'll be able to live a much richer life. Purge unnecessary negativity from your life.

7. **Be empathetic.** If everyone only sees life from their own perspective, we'll be forever close-minded and insular. See things from others' shoes.

8. **Be compassionate.** Show compassion and kindness to everyone around you.

9. **Forgive those who have done you wrong in the past.** "To forgive is to set a prisoner free and realize it was you"-Lewis B. Smedes.

10. **Do a kind deed each day.** What is something you can do to make someone's day? Go do it!

11. **Keep developing yourself.** Equip yourself with a huge breadth of knowledge. Learn new skills, pick up different hobbies, study different fields.

12. **Stretch yourself.** What are you doing now? How can you achieve more? Set bigger goals. Explore your limits and break them.

13. **Give more than you receive.** There is so much unspeakable joy that comes from giving. And when you keep giving, you'll find you actually receive a lot more in return.