

Chapter 1 : Seriously? - This American Life

Life is serious and taking it too seriously robs you of happiness, fun and productivity. A solemn outlook increases stress, squanders creativity and innovation, and stifles progress.

Getting caught up in the drama of life is a buzzkill on steroids. Life is meant to be enjoyed, not fretted over with a furrowed brow and a cantaloupe sized knot in your gut. You have shit on your glasses. Seriously, those things are caked. Reality and perception are two completely different things, and your perception is distorted by the bullshit you consciously and subconsciously believe about what it is and what it should be. And who can blame you? Your parents, while they did love you, lied to you. Your family, friends, neighbors, teachers, idols, lovers, the media and now meâ€¦ all full of shitâ€¦ â€¦ Lies, lies, lies. But most likely everything your parents told you, they told you because they themselves thought it was true, and they thought it would serve you. And a lot of it did, making it easier for you to navigate through life. And the biggest liar of all Spewing bullshit at ya like a television evangelist and pushing harder than the slimiest of used car salesman. Good, bad, or broken down on the road somewhere in between, the judgments and labels your minds been chiming in with have seriously distorted your view, so much to the point that most of what and I believe would be best categorized as fiction. We know only a little The truth is we know only know a fraction of a fraction of a fraction of what the Universe, the world and life is all about. Is that even worth arguing?! If you ever start taking things too seriously, just remember that we are talking monkeys on an organic spaceship flying through the universe. A little optimist obviously. People who take life too seriously are no fun to be around Except maybe when it comes to killing zombies, so keep a few around just in case the shit goes down. The pot in the brownie is that the craziest people are the most fun to be around. Sometimes you just gotta be able to laugh at yourself. Going with the flow and letting it hang outâ€¦ warts, bumps, lumps and allâ€¦. Not only is the show exhausting, but it puts a wall up between you and the rest of the world and you and your true self. Taking life too seriously leads to being a stressed out, scared, angry, boring human being in bad health. Being able to laugh at life, relax into the moment, and accept things as they are is a much better gig. Look at how ridiculous popular beliefs, culture and the media are We are a generation who march on stairs that go nowhere and ride stationary bikes that get there even quickerâ€¦ all so we can fit into some fucking skinny jeans. People put shit in their faces so they can look younger than they really are, but often just end looking like Chinese robots. Kim Kardashian is a best selling author, and that Snooki chick is too. Someone you love might stop loving you. Your home could be swept away by some force of nature so powerful it displaces people by the thousands. Your heart could stop beating and your lungs stop breathingâ€¦ just like that. You could also get the best news of your life. You just never know. You will never get out of it alive. RIP Fellas â€¦ your humor lives on in the hearts of millions And if there are, these people want you to be stressed out. They want you taking shit so seriously, that you neither succeed nor enjoy life. And they are miserable. They lie in bed tonight stressing out about tomorrow. They got this taking life serious thing down to science for you, and have proven that it does not work. So relax and enjoy yourselfâ€¦ and watch and learn how not to live. Drop the idea that you are Atlas carrying the world on your shoulders. The world would go on even without you. Even kings, queens, ladies and grandmas must fart. You were born with the gift of laughter Somewhere, someone is laughing for their first time. And somewhere else, someone is laughing for their last time. Laughter, along with orgasms, is one of the most wonderful things ever created. Not only does laughing make you more likeable, less stressed and will probably even help you live longerâ€¦ but it makes you happier and your life more awesome all the way around. And with the technology we enjoy today, all 9 seasons are available to us anytime, anywhere. If you ever wanna put things in perspective, just look up at the stars, and then remember it goes on so much further than that we can even fucking conceive. Now compare how massive that is with the little stuff you worry aboutâ€¦ not looking perfect in the mirror, your car breaking down or someone talking shit about you does not matter one fucking bit. Get your heart rate up and your sweat on. I do my best to read and respond to each and every comment.

Chapter 2 : Here's Why You Need to Stop Taking Life So Seriously!

The Telltale Symptoms that You're Taking Life Too Seriously. You, of course, might be thinking that that's not you. You don't take life too seriously. You're a bit of a joker and always see the brighter side of circumstances. Maybe, that's true, or maybe you're just fooling yourself into believing that it's true.

Tomorrow is a mystery. Today is a gift. Noise to distinguish silent and a broken heart to find true love. Katie on July 18, Advertisements Live for today and not tomorrow Live for the Now and whats here Stop living for what maybe or what may never come Live for the day already here Submitted by: Ariel on February 12, Live each day as if it were your last because tomorrow may never come. When you fall, when your heart breaks, and when your best friend turns her back on you, it leaves a scar that can hurt every- time you think about it. Lee on April 1, Advertisements Life is tough, get a helmet. If we were to go through our life without any obstacles, we would be crippled. We would not be as strong as what we could have been. Give every opportunity a chance, leave no room for regrets. Susan on April 17, In life we all have an unspeakable secret, an irreversible regret, an unreachable dream and an unforgettable love. Diego Marchi Submitted by: Anna on December 29, You walk through life much easier with a smile on your face. And believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it. Nobody said it would be easy, just that it would be worth it. Just remember life goes on. Paris x on July 10, Remember your yesterdays, dream your tomorrows and live your todays. Tasha on January 16, Dream as you will live forever, live as you would die tomorrow!

Chapter 3 : Taking Life Seriously Quotes, Quotations & Sayings

It feels like Hobonichi's have become all the rage again in the planner world. If you have been following my blog for a while you'll know that I am in my third year with this brand.

SunWolf, tweet, professorsunwolf. There are only as many days in the year as you make use of. Or waiting around for Friday night or waiting perhaps for their Uncle Jake or a pot to boil or a better break or a string of pearls or a pair of pants or a wig with curls or another chance. Everyone is just waiting. The future is promised to no one. Not every man really lives. You will never get out of it alive. Do flowers in spring say "not yet"? Stieglitz There is no cure for birth and death save to enjoy the interval. But there was always some obstacle in the way. Something to be got through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life. Thus, week by week, and day by day, His life inglorious glides away God has written the letters of death upon your hands. In the inside of your hands you will see the letters M. It means "Memento Mori" "remember you must die. Furniss, Tracts for Spiritual Reading Remember you must die whether you sit about moping all day long or whether on feast days you stretch out in a green field, happy with a bottle of Falernian from your innermost cellar. For a swirl of rushing air Catches the red leaves from my feet And scatters them everywhere. I cannot live fast enough! I have not lived fast enough! I must hurry, must run, must dare, There is time yet for a red leaf To tangle itself in my hair! Why do people always apologize to corpses? If you want time you must make it. In that case you can never enjoy one. What king and emperor even, had he thrones upon his head and crowns to sit on, can be assured that his post-day or diet-day will not bring him some cloud? But Life is the capital city, and you are here "and now. Renkl You may delay, but time will not. We can only waste ourselves. Adams How we spend our days is, of course, how we spend our lives. We should act more, think less, and stop watching ourselves live. I dripped it carelessly, Ah! Happy those who daily come to life as well. Service "A Rolling Stone," If you wait, all that happens is that you get older. Murphy There is a bunch of things we mean to do, and life is the time we spend meaning to do them. We have only this moment, sparkling like a star in our hand, and melting like a snowflake. It is a brief time of tremendous potential. This is actually about hours of light in a day, "The glories of a mountain campfire are far greater than may be guessed One can make a day of any size, and regulate the rising and setting of his own sun and the brightness of its shining. The sand within the transitory glass Doth haste, and so our silent minutes pass. Tell me, what is it you plan to do with your one wild and precious life? A day to him was of more value than a week or a month to others. I do too much of everything all the time. Suddenly one day my heart will fail. The Iron Crab will get me as it got my father. But I am not afraid of The Crab. At least I shall have died from an honourable disease. The same thing you would do if you had two lives, and this were the second. That is what it is for. Spend all you have before you die; do not outlive yourself. I threw it away, it scared me what it talked. If you could just persuade people of this, but they insist on amassing information. Here I am trying to live, or rather, I am trying to teach the death within me how to live. Live your life in such a manner that when you die the world cries and you rejoice. Dates in Calendar are closer than they appear. If you have anything better to be doing when you are so overtaken, get to work on that. Not casually or without thought, but carefully: The violence comes from a combination of giving up, not caring, and a resignation that getting past it is all you can hope to accomplish. So you kill the hour. You do not work, you do not read, you do not daydream. If you sleep it is not because you need to sleep. And when at least it is over, there is no evidence: The only clue might be the shadows beneath your eyes or a terribly thin line near the corner of your mouth indicating something has been suffered, that in the privacy of your life you have lost something and the loss is too empty to share. Danielewski, House of Leaves If you woke up breathing, congratulations! You have another chance. Back off and take its picture. Our time is all to-day, to-day, The same, though changed; and while it flies With still small voice the moments say: I want to have lived the width of it as well. And why are you waiting? Of what relevance to an individual is such a statistic? Am I to concern myself with an allotment of days I never had and was never promised? Must I check off each day of my life as if I am subtracting from this imaginary hoard? No, on the contrary, I

will add each day of my life to my treasure of days lived. And with each day, my treasure will grow, not diminish. A man who lives fully is prepared to die at any time. Every minute, every breath, is a gift from God. A period of twenty-four hours, mostly misspent. Jerome, Three Men in a Boat To Say Nothing of the Dog , Life is not long, and too much of it must not pass in idle deliberation how it shall be spent. I shall not waste my days in trying to prolong them. No man has learned anything rightly, until he knows that every day is Doomsday. They are the wretched of the earth. Live every blade of grass Soar with your wings while you still can fly. Bloom towards the infinite sky. Waste not the smallest time in imbecile infirmity, for well thou knowest that seconds form eternity. Knight Lost time is never found again. Haskins Every second is of infinite value. Will We do not do what we want and yet we are responsible for what we are “ that is the fact. Alas, Time stays, we go. Harris No man is quick enough to enjoy life to the full. My goodness how the time has flown. How did it get so late so soon? Seuss Time is a great teacher, but unfortunately it kills all its pupils. He is not conscious of being born, he dies in pain, and he forgets to live. Lewis When one has a great deal to put into it a day has a hundred pockets. No matter how weary or dreary you may feel, you possess the certainty that, during the day that lies before you, absolutely anything may happen. The possibility is always there. The summer of a dormouse. Being alive is the special occasion. Last modified Aug 12 Sun

Chapter 4 : Live Life to the Fullest - Quotes about Living Life to the Fullest

This American Life asked Sara Bareilles to imagine what President Obama might be thinking about the election and Donald Trump, but can't say publicly. Leslie Odom Jr. performs the song.

Life is so short. I would rather sing one song than interpret the thousand. Jack London Click to tweet Life is made of ever so many partings welded together. Charles Dickens The more unintelligent a man is, the less mysterious existence seems to him. Arthur Schopenhauer The shortness of life, so often lamented, may be the best thing about it. Charlie Brown Nobody can predict the future; the idea is to have a firm grasp of the present. Drucker The first half of life is devoted to forming a healthy ego, the second half is going inward and letting go of it. Carl Jung We no longer live life. Joseph Campbell The first to apologize is the bravest. The first to forgive is the strongest. The first to forget is the happiest. Unknown Life is a storm that will test you unceasingly. Derive purpose from resilience. Learn to sail the raging sea. Unknown Death is not the greatest loss in life. The greatest loss is what dies inside us while we live. Norman Cousins Sometimes the questions are complicated and the answers are simple. Seuss If my life is going to mean anything, I have to live it myself. Annie Gottlier Life is a question and how we live it is our answer. Gary Keller Life is essentially an endless series of problems. The solution to one problem is merely the creation of the next one. Instead, hope for a life full of good problems. William Barclay Life does not owe you anything because life has already given you everything. Ralph Marston To live is so startling, it leaves but little room for other occupations. Emily Dickson The day you stop racing, is the day you win the race. Thomas Szasz What do you want a meaning for? Life is a desire, not a meaning. Mary Engelbreit Click to tweet Nothing you do is going to matter that much in the long run. Naval Ravikant The big lesson in life, baby, is never be scared of anyone or anything. Maya Angelou A little foolishness, enough to enjoy life, and a little wisdom to avoid the errors, that will do. Osho The chief danger in life is that you may take too many precautions. Alfred Adler When it hurts â€” observe. Life is trying to teach you something. Lev Grossman We are addicted to our thoughts. We cannot change anything if we cannot change our thinking. Santosh Kalwar In every success story, you will find someone who has made a courageous decision. Drucker Life is to enjoyed , not endured. Gordon Hinckley We are all different. Bennett Do what is right, not what is easy nor what is popular. Bennett Life moves pretty fast. Ferris Bueller A fear-oriented man is always calculating, planning, arranging, safeguarding. His whole life is lost in this way. Because the joy is in the climb itself. Mark Manson If we admit that human life can be ruled by reason, then all possibility of life is destroyed. Christopher McCandless Into The Wild movie Instead of worrying about what you cannot control, shift your energy to what you can create. Bennett Blessed is he who expects nothing , for he shall never be disappointed. Seuss Care about what other people think and you will always be their prisoner. Lao Tzu The hardest thing to learn in life is which bridge to cross and which bridge to burn. David Russell You get in life what you have the courage to ask for. Oprah Winfrey Click to tweet Life is a series of natural and spontaneous changes. Let reality be reality. Let things flow naturally forward in whatever way they like. Lao Tzu Part 3. Osho Click to tweet I think being in love with life is a key to eternal youth. Doug Hutchison Love takes off masks that we fear we cannot live without and know we cannot live within. James Baldwin Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world. Lucille Ball The most important thing in life is to learn how to give out love, and to let it come in. Morrie Schwartz Where there is love there is life. Mahatma Gandhi If I know what love is, it is because of you. Herman Hesse In this life we cannot do great things. We can only do small things with great love. Mother Teresa It is not where we breathe, but where we Love, that we live. Soren Kierkegaard I love you not because of who you are, but because of who I am when I am with you. Roy Croft A drop of love can bring an ocean of tears. Jewish Proverb We are shaped and fashioned by what we love. Johann Wolfgang von Goethe Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. Rumi When we are in love we seem to ourselves quite different from what we were before. Blaise Pascal The way to love anything is to realize that it may be lost. Get on with living and loving. Leo Buscaglia Love is not only something you feel, it is something you do. David

Wilkerson If you would be loved, love, and be loveable. Benjamin Franklin Love is of all passions the strongest, for it attacks simultaneously the head, the heart and the senses. Lao Tzu Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. Lao Tzu Love is a better teacher than duty. Albert Einstein The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart. Helen Keller Keep love in your heart. A life without it is like a sunless garden when the flowers are dead. Oscar Wilde The only thing we never get enough of is love; and the only thing we never give enough of is love. Henry Miller Loving people live in a loving world. Hostile people live in a hostile world. Seuss The art of love is largely the art of persistence. Albert Ellis Love does not dominate; it cultivates. John Updike The giving of love is an education in itself. Humphrey Click to tweet A friend is someone who knows all about you and still loves you. Elbert Hubbard A brother may not be a friend, but a friend will always be a brother. Lewis Friendship is unnecessary, like philosophy, like art. It has no survival value; rather it is one of those things which give value to survival. Milne Only a life lived for others is a life worthwhile. Jay McInerney Silence make the real conversations between friends. Not the saying, but the never needing to say that counts. Margaret Lee Runbeck The man of knowledge must be able not only to love his enemies but also to hate his friends. Friedrich Nietzsche There is nothing I would not do for those who are really my friends. I have no notion of loving people by halves, it is not my nature. Jane Austen Happiness is only real when shared. Jon Krakauer There is nothing better than a friend, unless it is a friend with chocolate. Walk beside me. just be my friend.

Chapter 5 : Why Do I Take Things Too Seriously? | HealthGuidance

Taking Life Seriously quotes - 1. Every encounter is an opportunity. If we always do what we've always done, we'll always get what we've always got. Life is all about change. Read more quotes and sayings about Taking Life Seriously.

Be curious and adventurous - live your life to the fullest. Life is either a daring adventure or nothing. Security is mostly a superstition. It does not exist in nature. Sign-up for your free subscription to my Daily Inspiration - Daily Quote email. To confirm your subscription, you must click on a link in the email being sent to you. Each email contains an unsubscribe link. Live life to the fullest. Lewis Fall seven times, stand up eight. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Tomorrow is green wood. Only today does the fire burn brightly. Kennedy The only thing we have to fear is fear itself. Roosevelt Everything has beauty, but not everyone sees it. I awoke and saw that life was service. I acted and behold, service was joy. The meaning of life is whatever you ascribe it to be. Being alive is the meaning. The old skin has to be shed before the new one can come. No one knows what he can do until he tries. Now is the time to understand more, so that we may fear less. Hatred confuses life; love harmonizes it. Hatred darkens life; love illumines it. Life is a song - sing it. Life is a game - play it. Life is a challenge - meet it. Life is a dream - realize it. Life is a sacrifice - offer it. Life is love - enjoy it.

Chapter 6 : How can live seriously life? | Yahoo Answers

You only get to live one life. If you're lucky enough to make it to age 90 you still have less than , hours between the time you are born and the time you die to cherish and enjoy all the things that make up life.

A solemn outlook increases stress, squanders creativity and innovation, and stifles progress. I was a terribly serious child, with a serious case of perfectionism. When other children played and laughed, I worried over problems that were out of my control. Even the smallest of issues needed to be carefully considered and intently studied. I focused so much on everything that was wrong that I lost sight of everything that was right, and I was deeply unhappy. Learning to love life and myself was an amazing and challenging journey. Today my life is far from perfect, and yet I am happier, healthier, and more prosperous than ever before. A significant influence in creating this change was learning not to take life so seriously. Skip, hop, and run. Do something you truly love and have fun doing it! Tell an amusing anecdote. Share your most embarrassing story. Laugh at yourself, and with others. Give yourself a little room for spontaneity! Take a different route. Order a different drink. Write your to do list in pencil. Reassess your progress and adjust your goals halfway through the day. Be responsible for and to yourself. You can change yourself, and being the person you want to be, and being responsible for yourself, and to yourself, is the best way to affect progress. Refrain from criticism, negativity and judgement. A positive attitude is contagious and freeing. A grateful attitude will help you celebrate the good things in life, and mitigate everything else. You can make mistakes, fall down, and pick yourself up again. Everyone else is human, too. Give others a little room to learn and grow in their own time, and their own way. Embrace your quirks and foibles. Accept and love yourself as you are in this moment! I love your comments! What are your favorite tips to stop taking life too seriously? Image courtesy of aleeed.

Chapter 7 : Do not take life too seriously. You will never get out of it alive. - Elbert Hubbard - BrainyQuote

17 Reasons Not To Take Life Too Seriously Posted on June 13, // Comments Most of us are way too serious, way too often, turning everyday situations into problems, constantly on the lookout for shit to complain about and worrying about a bunch of things that simply do not matter.

By philosiblog on 26 May in decision , focus , friendship , relaxation , seriously , work Do not take life too seriously. You will never get out of it alive. What does that mean? Too many people seem to take life so very seriously. This quote advises us against that path, urging us to loosen up a little bit and have some fun. The quote says because no one gets out alive. And that is true, all who are born will eventually die. So what is to be gained by being overly serious? The quote implies that nothing is to be gained by taking life too seriously. There is no special prize for the most serious player. Instead, the quote implies that we should relax and have some fun while living. Be serious when it is required, but not all the time. Why is not taking life too seriously important? How much fun would you have if everyone around you was busy being serious? Never taking a risk or a chance, never taking a dare or trying something new? Always playing it safe and never doing anything exciting? Would you want to have that person as a friend? Would they be a blast at a party or on a camping trip? Why would someone be like that? If they were very focused on being the absolute best possible at something, then they would be busy working diligently on perfecting that aspect of their life. After that, most of us settle down and get busy with having a life. But who likes to be too serious all of the time, in all the different aspects of their lives? That almost sounds like a personal problem, one which this quote warns us against. But are we willing to listen? Where can I apply this in my life? The young ladder-climber, focused on working their way up the corporate ladder at any cost. Everything has to be exactly perfect, nothing is too small, no hour too late, and always ready to do more. But what kind of a life do they really have? Those who take life too seriously usually have a poor quality of life or an out of balance life. By taking the parts seriously which should be taken seriously, and having fun in the other times, we become more balanced. But when should we be serious? Should we be serious at work? Not if you are a professional comedian or a clown, right? The point I am trying to make is that when to be serious is a very personal decision. Who you are, and how you live your life are key parts of determining when to be serious and when to be something else. There will also be times when our normal pattern is disrupted. And when family members start taking issue with your frivolity, it might be time to get a little more serious at home. We all go through cycles, ups and downs. But if we keep an eye on how things are going and make adjustments when needed, we should be good. Because life is all about change, and we need to be able to adapt, right? Where in your life might you be taking things a little too seriously? Please take a moment and come up with a couple of things. How did you come to those conclusions? What was your clue? Did other people hint that you were taking things too seriously? What about the areas in your life where you might not be taking things seriously enough? Please take a moment and come up with a couple of possibilities. Did other people hint that you were being too silly? Were you not getting the results you desired due to you not being sufficiently serious or focused on the goal? For me, life is about balance. What is your balance point? What do you need to become more serious about? What do you need to take less seriously? Life is full of choices, opportunities to change things. What will you choose to change in your life?

Chapter 8 : Life Quotes and Sayings (+ quotes) - CoolNSmart

Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family.

Do not take life too seriously. You will never get out of it alive. Do you tend to take life just a little too seriously? Do you make mountains out of molehills? Just maybe you allow unnecessary worries to get the better of you. Life can certainly get quite serious at times. Bad stuff happens to the best of people, and we need to handle these things like mature adults, right? Do you think that making problems larger than life actually helps? Do you think it makes things any better? It certainly makes us worry more. And is that really very helpful? Is it helpful to worry about things unnecessarily? These are times that involve compassion, empathy, and introspection. However, most situations we find ourselves in are actually not worth fussing over. In fact, they are perfect opportunities for taking a lighthearted approach to living. Furthermore, we tend not to enjoy uncertainty very much. When we take life too seriously, we effectively close ourselves off to potential opportunities that could come our way. Below you will find several telltale symptoms that you probably take life a little too seriously. Have a read over them and ask yourself whether this is truly how you would like to continue living your life. Admitting to the fact that you tend to take life a little too seriously is a huge step forward. Just Imagineâ€¦ Just imagine for a moment you lived life with a carefree attitude and approach. Just imagine you were more lighthearted and willing to laugh at yourself and the awkward circumstances that life throws your way. Just imagine how much less stress, worry, and anxiety you would experience. Life can certainly be this way. In fact, you can certainly be this way. You want to take a more lighthearted approach to living. You want to see the brighter side of life without all the stress, worry, and anxiety that typically eats away at other people. But how do we do this? Altering Your Perception of Reality Well, it all starts with making a mental shift. This is all about making a shift in the way you think about your life and circumstances. The first thing to remember is that your perception of reality becomes your reality. In other words, your reality is colored by your expectations, and your expectations are a direct result of your beliefs. And, of course, your beliefs naturally sprout from the thoughts you consistently allow yourself to dwell upon. Therefore, in a sense, everything is relative. You experience your reality based on how you have chosen to interpret that reality. Make a shift in how you think, and you subsequently alter how you interpret your world and what you experience as a result. This is a first important step that helps bring everything together full circle. The goal here is, of course, to stop taking life so seriously, or in other words, to experience the fullness of life without the stress, anxiety, worry that most people succumb to. To make this perspective shift, you must first take control of your emotional responses. In particular, anger, worry, frustration, bitterness, etc. For instance, have you ever considered that your worries are never a productive use of your time? Have you ever thought about how your worries are never actually going to improve the situation? Or, what about anger? Have you ever realized that anger rarely if ever resolves friction? And it never actually makes us feel any better about ourselves or the other person, right? Does venting frustration actually make things any better? Also, does neglecting responsibility and throwing blame upon other people fix the situation? Typically, the answer is no. However, what it does show is that you have no control over your own life. Moreover, it shows a lack of emotional maturity. As we go about our day, we often allow our emotions to get the better of us. We allow trivial matters and small irritants to disturb our equilibrium. And you can then, of course, respond appropriately. Settle yourself at that moment and ask the following set of questions: What exactly is irritating me right now? Does this significantly impact my life, or is it just a minor inconvenience? Will it negatively impact my week? Will this even matter tomorrow? Am I simply just blowing things out of proportion? If life is stressing you out and your emotions are getting out of control, then just maybe you need to step back a little. Step back from the situation and ask yourself whether or not at this moment you are taking things a little too seriously. Remember that Time is Precious Another important mental shift to make has to do with time. In particular, the realization that time is a precious resource that we cannot get back. How you spend the moments of your day is reflected in how you use your time. Or you can instead choose to spend it in a more

efficient way focusing on making the most of every situation. Whenever you feel yourself getting overwhelmed by the circumstances of your life, take a moment to ask yourself the following questions: Is it worth getting emotionally riled up about this? What could I miss out on as a result? How else could I potentially interpret these events? How could I interpret them in a way that makes me feel good about myself and about my life? How could I approach this situation in a more lighthearted way? How else could I spend my time right now? Remember, that it all comes down to the interpretations you make. Choose instead to interpret them differently in a more carefree and lighthearted way, and you will quickly shift how you think and subsequently how you respond to the situation at hand.

Time to Accept a New Reality To stress less and live life in a more lighthearted and carefree way, we must be willing and able to accept a new reality. A reality where our perspective of our world and the circumstances of our lives are different than what most other people experience. To make this perspective shift, you must commit yourself to adopting a new view of your world. A view that will encourage you to enjoy the moment and take life a little less seriously. **This Moment is Rather Insignificant** Have you ever contemplated the fact that this moment is only a tiny fragment of your entire life and existence? People take things too seriously because they tend to get lost in the moment. To them, only this moment matters. And therefore, no matter what happens at the moment, they tend to give that moment a high degree of significance. Yes, this might be a significant problem within the context of this week, this month, or this year. However, your problem is all but part of a billion problems that people are dealing with across the globe. In fact, your problem might pale in comparison to what other people are dealing with right now. And across generations of time and space, your problem becomes even more meaningless and irrelevant. But possibly things are not as serious as you imagine them to be. With this in mind, take a step back and view your problem from a global perspective. See it within the context of all the other problems people are currently dealing with. Just maybe then, this will help put the problem into proper perspective. The reality is that people will not always support you, agree with you, or for that matter like you. To live life in a more lighthearted way, you must curb your expectations. And even if they do, it will probably be short-lived. Everyone, after all, changes their mind from time-to-time. Accept and respect how other people are and the differences they bring to the table, and you will stop taking life so seriously. You will stop because you will come to the realization that the only opinion that truly matters is your own. **Life is About Experience Not Outcomes** We often take things too seriously in an effort to achieve a certain outcome. We have all these goals and aspirations, and a clear picture of what that will look like at some point in the future. Yes, having goals is important.

Chapter 9 : How to Stop Taking Life Too Seriously (with Pictures) - wikiHow

Seriously? We've been wondering about some of the things President Obama thinks about the current election, but can't say publicly. But since he hasn't told us his thoughts explicitly, we asked singer/songwriter Sara Bareilles - who did the Broadway musical "Waitress" - to imagine those thoughts for us.

When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life. The Greg Andersons Google did turn up seemed to have darker sides than I would prefer. The quote itself could be dissected with surgical precision. It begins with the idea of motivation. Motivation is a positive or proactive action in this case. Most people seem to react to life, not to treat it proactively. That is, they do what needs to be done because it needs to be done, not because they are motivated by some strong feelings to do it. The quote says that goals should be the motivating factor, not simply a reaction to surroundings or events. Specifically, goals that have deep meaning. A goal with deep meaning would be one that requires much effort to accomplish and that would provide considerable satisfaction on achieving it. It would also be one that would enhance our edification as an individual. Getting a university degree. Raising a child successfully. Dreams, by themselves, go nowhere. They are nothing more than hopes, only with less chance of coming to pass than most hopes. Dreaming of world peace would be one like that. World peace does not, could not, be achieved without many intervening steps, smaller and more manageable things that could be accomplished. Each of those would have a recognizable end point which, when reached, a person could say it has been accomplished. Dreams can be goals, but only if they are carved into smaller and more manageable portions, each of which can be accomplished with a plan and considerable effort. World peace will never happen by itself, even if a million people decided to pray about it, all together. Somebody actually has to do something, something concrete and quantifiable, something that can be seen to have been accomplished when the job is done. Love, in this case, is not sex or romantic love, or even motherly love. This love that needs expressing is about the goals with deep meaning. That is how to truly live life. Actually, very few people do. Most of us have life goals as young adults. Whether we accomplish them or not could depend on whether they had manageable steps, whether we had the resources of time and money to accomplish them, but most of all whether we devoted ourselves to reaching those goals. Most life goals get lost along the way, according to the people I have asked about their own. Perspiration is the fuel by which goals are accomplished, not inspiration. Spend some time in a crowded place, such as a market or a fair, and observe how similar people behave to worker bees in a hive. Worker bees are extremely important to a beehive. And basic workers are important to a society. But, once gone, they are forgotten and quickly replaced with others of their kind. Dead workers are forgotten quickly. But not one of them accomplishes a goal with meaning because they spend their lives doing little tasks that need to be done. I submit that if you look at people who truly live life at the level of meaningful goal accomplishment recommended in the quote, you will find people who feel the same way about life as those who firmly believe that God lives within them. Bill Allin Turning It Around: Many of those lessons are provided in the book. Learn more at [http:](http://)