

## Chapter 1 : 10 Tips To Start Living Your Best Life | Care2 Healthy Living

*Find your place and your purpose. This is perhaps one of the hardest steps to living your best life, and many people take their whole life to find their purpose.*

Live Your Best Life What does it mean to live my best life? Many of us have visions of a better tomorrow. Whatever my vision may be. Living my best life means living up to my potential. It also means finding purpose and meaning in life. If you are reading this it is because you know you are capable of more. You have hopes and dreams and you are just about ready to create the life you want. Living my dream life also means that as soon as I am living up to my potential, I continue to set the bar even higher. Creating the life I want requires a commitment to personal growth. I must be willing to change , to grow, and to do what it takes to live my best life. Living my best life also means living a balanced life. Balance is a key part of healthy living. So what does it take to live my best life? Strength Being my best self often means doing things that are difficult and challenging. It is much easier to sit on a couch than to run a marathon. Breaking bad habits and creating good habits takes discipline and strength of character. We can build strength of character by challenging ourselves and doing things that other people might consider difficult. We can then use that strength to make more positive changes in our lives. This method of developing inner strength is vital to staying committed to personal growth. Courage It takes courage to create the life I desire. As I explore and honor what I ultimately want for myself, I find that means breaking some old habits and making life changes. Those changes may include walking away from friendships and other relationships that no longer support my growth and my goals. Friends and family may resist some of these changes. It takes courage and strength of character to not care what people think, and to create the life I want even if others are judging my actions. Self-Respect Living my best life begins with appreciating the fact that I am alive. Realizing that life is a gift and every single day is a blessing is the foundation on which I build the life I desire. Appreciating life means respecting myself and my body. My body is my vehicle for this journey. When I give it the fuel and maintenance that it needs, it will perform at its best and take me everywhere I want to go. Choosing actions that nurture self-respect also builds confidence, and confidence is vital to achieving my goals. Organization Being the best I can be also takes some organization. Setting goals and living a balanced life is much easier when I take the time to plan things out and write them down. From daily to-do lists to 5-year plans, getting organized has a magical impact on our ability to achieve our goals. How to Make Plans and Set Goals and Objectives The cycle of self-mastery Most of the components necessary for building the life I want function together as a sort of self-mastery-positive-feedback-loop. Respecting my body and mind and taking good care of myself leads to better health and more energy, which increases productivity and motivation, which in turn increases my sense of self-worth and confidence. Confidence is the foundation of strength and courage, which are necessary for ultimately achieving what I want in my life. By working on one aspect of what it takes to live your best life, the other parts will naturally follow. Related Posts Follow me down the rabbit hole: This blog is my messenger, my way of sharing the insights and methods that have worked for me. May you find value in its pages. Tarot Readings The Tarot expresses to us how we can better understand the patterns we have created, and how we can either change them or enhance them. More by Magdalena Spider Medicine: If you found something valuable here, your gift is greatly appreciated. Right now I work and I write in my spare time. I would love to write for a living, and you can help make that possible.

### Chapter 2 : What Does Living Your Best Life Really Mean? - Newscult

*Your life handbook is your personal manual to live your best life, containing your mission statement, values, goals, personal strengths, blind spots, and action plans. Start off with a few basic pages, and then build on it.*

From *Pride and Prejudice* to *Sex and the City*, the pursuit of romance is a pervasive narrative arc within our culture. This feels especially true for media about women. Research shows that single people tend to experience more psychological growth and cultivate stronger connections to friends and family. Being single is an opportunity to discover what really makes you happy. You become self-reliant and get to live life on your own terms. These entertaining vignettes showcase the timeless absurdities of romance gone awry. *Strayed* is funny and unflinchingly honest as she learns to be alone. She lives in a castle and is engaged to the lustrously-coiffed Prince Ronald. That is, until a dragon comes, burns down her castle, kidnaps Prince Ronald, and leaves Elizabeth with nothing to wear but a paper bag. Through a series of clever maneuvers, she defeats the dragon and saves Prince Ronald. Klinenberg, a renowned sociologist, examines the rise in Americans living solo. He contends that people of all ages who live alone enjoy better mental health, have more environmentally sustainable lifestyles, and are often strongly engaged in social and civic activities. The deeply engaging portraits show myriad lives well lived. This book, her second, describes everything from dating a White House staffer to getting dumped by a friend. Even the part about meeting Bradley Cooper somehow feels relatable. Her candid narrative is a hopeful reminder of the communities we create for ourselves and the great lengths we can go to when we believe in ourselves. You never say yes to anything. Shonda knew she had to embrace the challenge: *All the Single Ladies: Unmarried Women and the Rise of an Independent Nation* by Rebecca Traister From “, the median age for a first marriage was between 20” Over the course of more than interviews, Traister examines the sexual, economic, and emotional lives of women in the 21st century, as well as historical figures who helped pave the way. This book provides a warm and enriching look at women who live fulfilling single lives.

**Chapter 3 : Ways To Live Your Life To The Fullest | Personal Excellence**

*"Living Your Best Life" is a practical guide on discovering what you want while presenting the skills it will take to get it. The foundation of the book is the belief that each person has their own innate wisdom that can be used as a resource.*

And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary. Are you living every day in excitement? Are you excited every single moment? Are you living your best life? Why settle for anything less than what you can get? You deserve nothing but the best. Be sure to bookmark or print out this page and refer to it daily. Here are ways to live your life to the fullest: Live every day on a fresh new start. Life is short, so live in the present moment. Be true to who you are. Stop trying to please other people or to be someone else. Stop complaining about your problems and work on them instead. Stop waiting for others around you to do something and take action yourself instead. Focus on WHAT vs. Anything is possible as long as you set your mind, heart, and soul to it. Create your own opportunities. You can wait for opportunities. Or you can go out there and create your own opportunities. The latter is definite and much more empowering. Live more consciously each day. Stop sleepwalking through life. Your life is something to be experienced, not coasted through. Be committed to your growth. In the Map of Consciousness , there are 17 levels of consciousness â€” from Shame to Enlightenment. The higher your consciousness level, the richer your life experience. Achieving a higher consciousness comes from your commitment to your growth. Know your inner self. This means knowing who you are and what you represent. Be clear of your personal identity. Finding Your Inner Self Discover your life purpose. Set the mission statement for your life, one that will drive you to live your life to the fullest. How can you live true to your purpose within every situation you are in, every second of the day? Set your life commandments. Define your personal commandments to live your best life. What adages and principles do you want to follow in your life? Values are the essence of what makes you, you. Hold yourself to the highest conduct. Every one of us have our own set of ethics and principles. Live true to them every day. Also, live in full alignment with your purpose 12 , commandments 13 and values Stop putting life on hold. Are you putting any parts of your life on hold? Uncover that and start working on it. Create your life handbook. Your life handbook is your personal manual to live your best life, containing your mission statement, values, goals, personal strengths, blind spots, and action plans. Start off with a few basic pages, and then build on it. Design your ideal life. What is your ideal life? Firstly, assess your life via the life wheel. What is the life that will make you shout for joy? There are no limits in life â€” only those you set for yourself! After you design your ideal life, set your 5-year, 3-year, and 1-year goals. The more specific they are, the better! Take action on your goals and dreams. Create an action plan for your goals and work on it! Create your bucket list , which is a list of things to do before you die. Then, get out there to achieve them. Spend your time and energy on things that bring you fulfillment and happiness. Discover your passion in life. What sets you on fire? Go out there to discover what you love to do. Then, start pursuing it. Stop working in a job you feel passionless about. Quit your job when you are ready to do it full-time. How to Pursue Your Passion series Turn your passion into a huge success. Turn your passion into a multi-million dollar business. Better yet, make it a multi-billion dollar one. Criticism is meant to help you be a better person. Is the glass half empty or half full? Take on perceptions that empower you, not those that bind you. Show compassion and kindness to everyone around you. Believe in yourself and your abilities. Remove your limiting beliefs and replace them with empowering ones In Days of Be a Better Me in 30 Days Program , you identify your limiting beliefs and replace them with empowering ones. This means past grievances, heartbreaks , sadness, disappointments , and anger. Forgive those who have done you wrong in the past. This includes backstabbers , those who took credit for your achievements , and those who have done you wrong. Smedes Let go of attachments. These are impermanent and will ultimately disappear one day when you die. Focus on growing and living life to the fullest instead. Let go of relationships that do not serve you. Spend more time with people who enable you. Hang out with people whom you compatible with: You are after all the average of the 5 people you spend the most time with. Spend time to know them better and foster stronger connections. Connect with an old friend. There is no end to the number

of friends you can have. Reach out to people from the past. Do a kind deed a day. What is something you can do today that will make the world a better place? Go and do it. Help other people who are in need. Volunteering is one outlet. You can also start with your friends and family. Help people when they least expect it, without reason. Do it because you want to. Share the love with everyone. Procrastination is a huge waste of your time and your life.

Chapter 4 : Live Your Best Life | HuffPost

*"THE GOOD LIFE requires that we take pleasure in new things; A GOOD LIFE requires that we take pleasure in moments. To enjoy THE GOOD LIFE we have to get ahead; to enjoy A GOOD LIFE we have to make the trip worthwhile.*

I was in disbelief. But then, when I thought about it some more, it made sense. If people read with a passion like the most wise and successful people I know, do, our society, on average, would be far more than it is today. Here are the books to help set up your life for success. We struggle with self-hate. Other times things work out, but we spiral right back into self-hate. When those goals crush us, the external pain is always reflected within our bodies. We feel pain, we get disappointed, we cling to our past happiness, and our hopes disappear. When this happens, your body feels ripped off. The question is, why are you not madly loving yourself? Loving yourself truly heals in all ways. If you want to experience an a-ha! The book is about courage through vulnerability, which involves expressing your inner emotions. Every day we face uncertainty, risks, and emotional exposure, but we hide our shame. Shutting yourself off from vulnerability distances you from experiencing the meaning of life. Daring greatly is about gaining the courage to step into the arena, whether in new relationships, an important meeting, the creative process, or an awkward family conversation. This New Mood Therapy provides step-by-step exercises that help you cope with a full range of everyday problems. Discover the five secrets of intimate communication. Crush procrastination and unleash your potential for success. There are no miracles here, but the book promises slow, continual progress. If you are truly struggling, pick it up, give it a read, and start feeling good. The Depression Cure by Stephen S. He was Inspired by the extraordinary resilience of aboriginal groups like the Kaluli of Papua New Guinea. The book describes an easy-to-follow, clinically proven program that follows a clear system to what our bodies need. The title of the book alone is enough to cause an emotionally unavailable man to run and hide. The book can also help women determine whether their partners are capable of being emotionally available, and to decide what they can and cannot do to help gain clarity about their futures. The book reminds us that our stories remain to be told by us. If you want to become a frighteningly good writer, cook, designer, or do anything that relies on creativity, well, here is your chance. The book will help you get better at your craft. The War of Art by Steven Pressfield Black Irish Entertainment If you have a passion, talent, or skill, like music, craft, painting, writing, sculpting, dancing, or acting - and if this is your purpose in life - then this book is a must-read. It book helps eliminate the commonly found Resistance which the author capitalizes because it feels so huge: It shoves us away, distracts us, prevents us from doing our work. Resistance seems to come from outside ourselves. But Resistance has no strength of its own. We feed it with power through our fear of it. Master that fear and conquer Resistance. Why do we make lousy decisions, cheat, and become ruled by our hearts even when the facts scream "go the other way"? Why do we binge on a lavish meal but cut coupons to save a few cents on a can of pudding? We let our emotions rule. This book walks you through everyday examples of our fuzzy and irrational decision-making and how to stop making the same mistakes repeatedly. According to psychologists, two different systems control our minds - the rational mind and the emotional mind. They both compete for control. The rational mind wants healthy food, and the emotional mind wants the Oreo cookies. The rational mind wants to quit the horrible job; the emotional mind loves the comfort of the present routine. The tension between the two can alter our lives. This book brings up counterintuitive research in psychology and sociology to shed light on how we can make successful changes by following patterns. Whatever you want to change, these books will be your transformation guide. They are the destination, and the journey. From stuck, doubtful and clueless to creating your dream.

**Chapter 5 : Live Your Best Life: Create the Life You Desire NOW Instead of Someday**

*Here are my top eight tips for living your best life Be brave. It takes bravery to go after your dreams. Those who achieve great things are the ones willing to be scared but not scared off.*

About Angela So often we put off being happy until we have everything we want: When we start doing the things that make us feel better, happiness arrives without us even thinking about it. When happiness is no longer conditional , magic happens. Whichever analogy you prefer, eating an elephant and walking a thousand miles both use the same premise: One step at a time, one mouthful at a time, one new habit at a time. When will you begin? Deciding on a start date gives your mind time to come to grips with the challenge that lies ahead. By when will you achieve your goal? Declutter Your Home and Office When your home and office environments are cluttered, it can be really difficult to get anything done. Decluttering reduces stress and makes you more productive. Take a moment to assess your habits. Are you watching too much TV, spending too much time on social media? Adopting new habits and letting go of old ones does take work, but the payoff is huge. Become an Essentialist Greg Mckeown, author of *Essentialism: The Disciplined Pursuit of Less* , says we spend too much time on busy work and not nearly enough time on the things that matter. Create a Budget When last did you take a long, hard look at your spending habits? Whether your goal is to get out of debt, retire early or simply save for a rainy day, a budget is a non-negotiable part of the plan. Their philosophy is simple: While diets vary from region to region, people living in the Blue Zones share a common approach to eating. These folks eat almost no meat, avoid sugar and consume dairy in small quantities. They focus on whole foods such as fruit, vegetables, legumes and grains and steer clear of processed foods and take-out. The key is simply to move your body. Our longevity experts in the Blue Zones favor gardening, but you could find your own ways to keep active, such as yoga, dancing, stretching or focusing on functional fitness. The problem is, the more you drive, the harder walking becomes. Suddenly even a mile seems too far to contemplate. If your car is your go-to form of transport, why not challenge yourself to walk more? Habituate yourself to walk very far. These strong social networks have had a positive impact on their health behaviors. News of important events will reach you regardless of whether you watch TV or read the newspaper. The science behind meditation is solid: Spend time each morning focusing on your breath and these are just some of the benefits you can expect. We let our own natural capacity of healing do the work. Ultimately, it boils down to this:

**Chapter 6 : Living Your Best Life: 9 Books to Read While You're Single**

*Living your best life does not come from the outside. It comes from within. To break it down, living your best life means that every day you are waking up and choosing love over like, love over hate, choosing to lead instead of follow, choosing passionate purpose instead of simply settling, choosing to thrive in the life you have chosen and the.*

Every action should have purpose, should be conducted with respect: Respect for your consort, for your opponent, for his consort, for the king who owns the field you stand on, for all that you stand for. Wiping the dirt off the tip of your weapon after it touches the ground. Ensuring your opponent is not waiting overlong for you to join him. Attending the ladies to ensure they are comfortable, speaking near them and loud enough for them to hear what passes between you and your opponent, or explaining what has occurred to them. Asking for their assistance when appropriate, perhaps to decide what weapon or what count should be used in the challenge, or suggesting some course of action that would provide great entertainment for you, but seeking their counsel to confirm your desires. Offering water to your challenger. Explaining the rules of combat clearly so that everyone is comfortable with what is going to happen. Having your gear ready and serviceable, with backups standing by. Having poetry or song ready in case the challenge becomes non-martial. Having a book for your challengers to sign after the challenge has been met. Having a battle cry ready, and begin each combat with it. Do this thoughtfully, bringing to mind all that this is about. This formality can be the trigger that helps create the environment for everyone. I take this serious, this game we are playing, inside the game lies something that is dear to me, and I dare you to share it with me. These acts create holy ground where you are at play. Have a banner displayed, your, your consorts, or both. Wear your arms, or your consorts, or both. Dishonor no one, honor everyone. When you stand up and stand out, you stand for the dream. You cannot dishonor the dream by acting the fool, or disrespecting anyone. Challenge others but do it with class. Expect class from those you encounter. There will be cynics, unbelievers, those who are tired with this kind of play, or look down upon it. Wish them a good day as they depart, do not wish them ill, regardless of their demeanor. You do not need them to like you, approve of you or your deeds. Thank goodness for that. Your kind will find you. Your bravery in standing up for these things will be rewarded. You will be challenged: All of these challenges will make you better. Know how you will handle defeat. All kinds of defeat. Know how you will handle victory. All kinds, Win with grace. Respect the event staff. Respect the King and Queen. Respect the others who came to the event for something else. Craft an archway of flowers. Near one of the entry ways onto the field of battle, set up your archway and declare it is only for those who can defeat you in battle. Block it with a golden chain. Do not block an entrance, just offer an alternative to simply walking on by. That should really be a whole separate post. The purpose of all this is to elevate the martial activity to something else. Something that is give and take, that includes the consorts, that pays great attention to how you do things, to how you act, to how you win, not just how fast or strong you are, though that matters. But also courtesy matters. Honoring your consort matter. How do you include the consorts, who may know little about martial activities, or may know a lot? How do you capture the magic for all of these types of people, with varying experience, skills, cares and woes? When in doubt, do what makes the magic for you, and they will see it, they will get it, and they will join you. Challenge someone to a chess match. Left handed single sword. Or all the Queens, or at the Princesses luncheon. In the middle of a battle. Challenge an opponent, demand that he take on a quest if he loses, and give a worthy prize if he defeats you. These quests can be awesome. Find an unescorted lady and fight 7 fights in her name. Here is a book to record these deeds, and your thoughts as you carry on with this quest, to give to the lady upon completion. Fight a knight for each of the knightly virtues. Choose them carefully, and be prepared to speak to them of the virtue! Record your deeds and thoughts in this book. Present it to your Queen upon completion. Sing a song or recite a poem to your Queen. Find 3 people where this their first event. Tell them a story of your best medieval day. Deliver it to my Queen when complete. It does take some planning. It takes certain gear, if you want to do certain things. How many people travel with a barrier? Extra banners and banner poles and portable holes? Where are all these books supposed to come from? Tiny boxes for salt? This amazing treatise is now available in the public domain! You are so

lucky!

**Chapter 7 : How to Live Your Best Life: 14 Steps (with Pictures) - wikiHow**

*Living my best life also means living a balanced life. Balance is a key part of healthy living. Balance is a key part of healthy living. By managing time and energy wisely, I nurture all aspects of myself, my body, my mind, and my spirit.*

You have more to offer the world and you want to show it. The secret of your success is found in your daily routine. The more time you can spend doing what makes you happy, the better. What about after work? Are you working towards a new beginning or are you going home and watching movies, setting yourself up for an endless cycle of misery? Living your best life starts with creating daily habits to design the lifestyle you want for yourself. Unfortunately, many people do this. We want one thing, but our actions say we want something else. Living your best life is about living in alignment with yourself inside-out. I eat, sleep, work, and just take better care of myself to grow as an athlete. This ties back to designing a lifestyle that is in harmony with your wants and needs. Living your best life must include love. When people think of bringing energy, they picture someone who is loud, extroverted, and the life of the party. You can be an energy lifter in different ways. If you leave the room better than when you entered, people will remember your impact and will be excited the next time you come around. For every person out there taking, there are dozens spreading kindness. We need more people like that. Doing this is a clear sign of living your best life. Or singer Rachel Platten, you can find videos of her playing songs for people in hospitals. These people are pursuing their best lives. You can be sure they gain more satisfaction from what they give to others than they do from their 7-figure incomes. Giving breathes life and optimism into those who may be on their last sliver of hope. Before I left, I had to hit the reset button on my mindset. Gratitude is easy when something good happens. Not only that, none of the problems I experienced were actually real problems compared to what others go through every day such as hunger, famine, and homelessness. Energy flows where your attention goes. Be Who You Are Too many of us get caught up in seeking the approval of others at the expense of being yourself. If you have to change who you are to be liked by someone else than perhaps your time is better spent elsewhere. You may just not be compatible in a way that you can be authentic around them. You must have an unshakeable belief in yourself and your abilities. You have to believe you are capable of the goals you have for yourself. There is no other way. Look at any professional athlete or entrepreneur, they found success by believing in themselves when no one else did. The Universe will move mountains for someone who knows what they want and will do anything to get it. Put another way, believing in yourself is living your best life. You cannot have one without the other. Each moment, life is fleeting by. It seems obvious that we should be trying to make the most of this thing we call life. In order to live our best lives, we need to constantly remind ourselves how short life really is. Because above all else, what the world needs most is people like you to become the very best version of yourself you can be. So please, show us how great you truly are. His goal is to help ordinary people live extraordinary lives. He writes on his own site, Good Life Confidential. Erin shows overscheduled, overwhelmed women how to do less so that they can achieve more. Traditional productivity booksâ€”written by menâ€”barely touch the tangle of cultural pressures that women feel when facing down a to-do list. Never tired to remind my self that living my best life must fall in love with something, give more than I receive, be who I am and believe in myself.

### Chapter 8 : 9 Power-Packed Books to Help You Live Your Best Life Ever | HuffPost

*Living an authentic life is like arriving at your own door. WELLNESS. How To Live Your Best Life Now! By BJ Gallagher, Contributor. Author of 30+ books, including an international best-seller.*

Pick up these simple habits. You want your fleeting time on Earth to matter, right? Making the world a better place--by being free with your time, energy and money--is a good place to start. By doing so you can create a domino effect that encourages others to follow in your footsteps. In fact, a recent study conducted by Cornell University sociologists Milena Tsvetkova and Michael Macy supports the idea that generosity is contagious. They point to remarkable "pay it forward" situations, such as the drive-through shop customer who a year and a half ago picked up the tab for the next customer in line at a Manitoba coffee shop, setting off a chain reaction that kept going for the next cars. Their research , which involved an incentivized game people could invite others to play and thereby bestow financial rewards to them, demonstrated that receiving help increased the likelihood that a person would be generous to a stranger. But we found that it was receiving help that sustained the cascade as it spread through the group," they write. Stop being jealous of others. And where did it ever get you, anyway? Whether you fear losing a relationship or wish you had things other people have, you need to let go. When it comes to your relationships, nothing is more attractive than genuine confidence. And as for having stuff, remember: Besides, you have a lot. Before that, billions of people throughout the course of history died from bacterial infections. Losing a child to sickness--something most people loathe to imagine--was commonplace. You also live in a society in which you are completely free to choose your own destiny and pursue happiness. Be grateful for it. Vow to get healthier. Exercise every day and always take the stairs. Drink water instead of diet soda, which is remarkably bad for you. Eat foods rich in anti-aging antioxidants --things like berries, red peppers, dark green vegetables, garlic, tea and fish. Eradicate a fear of failure. In fact, falling on your face can be a good way to learn valuable lessons. Successful entrepreneurs, for example, realize the importance of failing as quickly as possible when launching a new venture because the faster you find bugs and problems, the quicker you can get rid of them. I learned this several years ago when I went back to school, elbowing up in my middle age to young fresh-faced college students. One some levels this endeavor--which felt daunting at the time--was a devastating failure. My experience also prompted me to aggressively pursue a writing career, which is where I was meant to be anyway. My dad tells the story of a former co-worker named Bill Sander who was always positive and giving people the benefit of the doubt. What are your ideas on how to live a better life? Jun 27, More from Inc.

### Chapter 9 : Your Best Life Now Quotes by Joel Osteen

*Here's how to live a better life, one that others will remember. Be generous. Making the world a better place--by being free with your time, energy and money--is a good place to start.*