



Daybreak Solutions
Personal Life Coaching
Accomplish goals and realize dreams

Tips for Immediately Improving Your Life

Take these tips a few at a time. Think about them, savor them, and know that together, you and I could write several hundreds more! ☺

Is your cup half empty or half full? My answer to this is that the cup is completely full – half of it holds liquid, and half holds air. Be aware of your negative thoughts, and challenge them. If there is no evidence to support your criticism, then it has no foundation in truth, so let it go.

Being overly critical is a bad habit. When you feel negativity towards someone or something, stop and purposefully find something positive about that same person or issue. Get in the practice of walking at the sunny side of the street. It's the same street, and you'll enjoy the walk much more.

Practice positive thinking. Consciously make the effort to see the good in all things. In the words of Walter D. Wintle, "Life's battles don't always go, To the stronger or faster man; But sooner or later the man who wins, Is the one who thinks he can." Your mind can hold only one thought at a time, make it a positive and constructive one. Become the kind of person who brightens a room just by entering it.

Don't be afraid to step outside your comfort zone. Behold the turtle! He only progresses when he sticks his neck out! Stretch yourself a little, take small risks, and reap the incredible benefits! In the words of George S. Patton, "Take calculated risks. This is quite different from being rash."

Don't be afraid to make mistakes! The only way you can learn what works, is to learn what doesn't work. Unless you make mistakes, you aren't making much of anything. But commit yourself to not making the same mistake twice.

Do you have a lot of "initiative" but very little "FINISHitive?" Having a long list of things half done is one sure way to beat up on yourself. Finish what you start. Don't procrastinate. Do what needs doing when it needs to be done. Become famous for finishing important, difficult tasks.

What makes you happy? What gives you joy? What is it you love to do? It's perfectly okay to smile when you think about these things. Once you find what is truly important to you, and make



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(Tips, continued)

the attainment of those goals your first priority, you'll have something to smile about all the time. Judge your success by the degree that you're enjoying peace, health, and love.

Read some good books. You can find the time by limiting the number of hours the television set is ruling your household. Spend at least a half hour each day by reading something uplifting or something for pure fun and entertainment, but read a little every day. Or read a lot.

Ralph Waldo Emerson said a lot of important, and memorable things. (You might decide to put him on your reading list.) He once said, "Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense."

Focus on the present moment. The past is history, and you can do nothing about it. The future isn't here yet. Why waste today not being fully conscious of the wonderful world around you? As it is often said in the study of Buddhism, "Be here now."

Life is not all peaches and cream. Realize there will be good and bad days. Be prepared to lose once in a while. Setbacks are a normal part of life, but the only person who fails is the one who fails to try. The trick is getting back up when you are knocked down, and understanding that "This too, shall pass." Whether it's life or a horse that throws you, get right back on.

Eleanor Roosevelt, an amazing woman, once said, "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do."

Never say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Louis Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Edison, Thomas Jefferson, Albert Einstein and Bill Gates.

Want more inspiration? Are you ready to write some strong words of support and encouragement for yourself? Here's the space, now go for it! ☺