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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 daily habits to improve your sense of well-being

By Julie Plenty

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10 Daily Habits.

Doing things on a regular basis that increase your level of well-being is a very effective and enjoyable way to enhance your self-esteem and develop a firm personal foundation. Some of these may seem quite obvious, but it's amazing what we forget in the day to day running of our lives! The following are merely suggestions. If necessary, find alternatives that work for you.

1. Find a few minutes for quiet time each day. Where you consciously do nothing, just sit and relax. Some may like to meditate, others listen to relaxing music. Mornings and evenings are good times to do this, but the middle of the day can be effective too. Get up slightly earlier to accommodate this. How much time? – 5, 10, 15, 20 mins – 1 hour. It's up to you.

2. Drink 1½ – 2 litres of water every day. Most of us are dehydrated and many headaches could be alleviated by drinking more water. Don't wait until you're thirsty. Just drink water regularly throughout the day. It clears the head and gives you energy.

3. Appreciate what you have. Most of us concentrate on what we don't have. Even if we don't seem to have a lot, we can be appreciative of what we do have and what we see around us. Is it good health, a roof over our heads, a loving family, supportive friends, the sun shining, the dawn chorus? There is always something to appreciate. We can celebrate life every day.

4. Make someone's day. Giving someone a smile, saying "thank you", "good morning". These are small actions that can mean a lot to someone else. Whilst waiting on a crowded tube platform I sneezed and a lady standing next to me said "bless you". It cheered me up immeasurably. This was several years ago and I still remember it.

5. Take some exercise each day. This doesn't mean sweating it out in the gym or aerobics class (although it can, if you enjoy it). A brisk walk might be all you need, a relaxing swim, dancing, whatever. Alternatively, find several activities that you like to do and rotate them so that you don't get

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bored.

6. Appreciate your loved ones and show that you appreciate them. Too often we take those closest to us for granted. Small, loving, appreciative and regular actions and words enhances the quality of our relationships. Don't wait until that person is gone – start now.

7. Sleep well. Like drinking water, a lot of us are sleep deprived. If the amount of sleep we got was our bank account, we'd be in the red! So start making regular deposits. It may be difficult to get enough sleep if you have young children, a very active social life or work long hours, but aim for at least 3 nights per week. Learn how to nap and create spaces in the day to do so. Create a ritual around getting to bed at a reasonable time. Regular good sleep improves your physical and mental well being.

8. Create an environment you love. Even if you don't like the place you live in, small things like flowers and candles can really brighten your environment.

9. Do more of what you enjoy. Sometimes our lives are so crowded that we forget to make time to enjoy ourselves and wonder why we're lacking in energy! It can be as simple as listening to music, dancing (you can tell I like this one!) or a relaxing bath. Do more of what you enjoy with people you love being with. Life's too short not to!

10. When good things happen – appreciate them. You may write down your appreciation in the form of a gratitude journal or just acknowledge it to yourself or share it with others, who'll be happy for you. Alternatively, if worries crop up during the day and you don't feel able to talk about it to anyone – yet, then write it down, ask a question about how it can be resolved and sleep on it.

Julie Plenty is a Personal and Business Coach who specialises in helping people raise their self-esteem. She is currently developing the KickStart Your Self-Esteem! self-coaching programme for sale later next year. Subscribers to the free e-course "5 ways to not improve your self-esteem" will benefit from a special introductory offer on the programme.

How You Developed Bad Habits That Rob You Of Motivation

By Peter Murphy

Bad habits rob you of your motivation.

Today I want to tell you why I decided I absolutely had to take charge of my self-motivation. And why you must do the same.

As you read this article you will start to understand why a lack of motivation is costing you even more than you realize.

Growing up I never really had much trouble getting things done. I was told what to do by my parents or by my teachers and I did what was expected of me because it was the easiest choice for me.

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Getting punished never appealed to me very much.

Then as I got older and especially when I joined the workforce I could get away with doing less and with leaving things until the deadline approached.

In fact in one company where I worked it made no sense finishing work before the deadlines because management kept moving the goal posts.

And very often I worked with people who refused to stretch themselves. This culture of doing as little as you can and appearing to be productive slowly dragged me down.

Over the years as a result of experiences like these I developed bad habits.

I can see now how a few bad choices in how I approached work affected all aspects of my life. The same may be true for you.

What we did over the years was create bad habits that need to be given up and replaced with a new way of behaving.

Do you realize what this bad habit has cost you in your life? You missed the sense of accomplishment and the satisfaction that comes with succeeding on a big scale You lost the respect of your peers and you are excluded from the winners circle You no longer feel in control of your destiny and in fact you are a victim of circumstance You earn far less than people of lesser intelligence and ability You worry about the future because you fear you may not be able to deal with things

Now is the time to take charge of this situation. I can tell you from my own experience that nothing will change until you decide to change and nothing will improve until you improve it.

You owe it to yourself and to the people who care about you to seize the day and make your life

something to be proud of.

The satisfaction that comes from living life on your own terms is a wonderful gift you deserve to enjoy. And you will only have this once you know how to motivate yourself to create the life you dream of.

My income jumped, my social life improved dramatically and new opportunities for having even more of what I wanted all came about for me only after I learned the secrets of self- motivation.

The world did not change. Other people did not change. I changed. Only When YOU change will your world change for the better.

Before I go...

Think of those people who look down on your lack of progress and take you for granted, think of that

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sense you have of not been in control.

All of these feelings of dissatisfaction are not going to disappear-- in fact they will dominate your life as the years pass you by.

These issues are not going to go away all by themselves.

I tried the wait and see approach – it does not work!

You need to stop the rot as a matter of urgency.

Peter Murphy is a peak performance expert. He recently produced a very popular free report that reveals how to crush procrastination and sustain lasting motivation. Apply now because it is available for a limited time only at:

How You Developed Bad Habits That Rob You Of Motivation

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