

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Top 10 Ways to Start Living a More Meaningful Life**

**By Dorene Lehavi**

**Top 10 Ways to Start Living a More Meaningful Life by Dorene Lehavi**

Too many of us live like goldfish, swimming in the same orbit day in and day out feeling uninspired, tired, bored and sometimes worse. Life is much too precious to waste that way. Every person has a unique purpose in life. I implore you not to waste your days berating yourself for what you don't know and don't do well. Instead, discover your strengths, passions, purpose and build your life on those.

Here are 10 ideas about living a meaningful life, as I understand them. Embracing even a few of these will help you begin the exciting journey of self discovery.

1. We are all here for a purpose. Your being here makes a difference. Your purpose may be obscure to you and a challenge to discover. Start now. There are many resources, coaches and books to help you with this endeavor.
2. The secret to fulfillment is self knowledge. Start the exciting journey of discovery.
3. The second part of the secret to fulfillment is to apply your self knowledge to what you do and how you live. The more you know, the more you can actively pursue your true purpose.
4. Don't waste time lamenting what you don't do well. Concentrate on your strengths. Those reflect who you are. Leave the other things to people who do them well.
5. Build on your strengths. Do more of them and give yourself recognition for doing the things you do well.
6. Pay attention to the small details that you enjoy in your everyday life. Do more of them.
7. Pay attention to the small details you don't enjoy. Find ways (such as delegation) to eliminate as many of them as possible.
8. Keep a journal and put particular emphasis on the things about yourself and events in your life for

## Top 10 Ways to Start Living a More Meaningful Life

which you are grateful.

9. Make an effort to release the negative aspects of your past. Try not be imprisoned by your past. Do not define yourself by your past.

10. Jumpstart your self-esteem by giving back to the community. Volunteer in a meaningful way that suits who you are and your interests.

Enjoy the journey. You will get to know and like yourself in a whole new way. Work with a friend, hire a coach, and use the resources out there, to help you with objectivity. Have someone point out the good things about you that you have a tendency to overlook. As soon as you stop doing what you hate and start doing what you love, you may find your life more meaningful and fulfilling.

improve your life and find your happiness. Only 9.95

Seven ways to improve your life and find your happiness.

Dr. Dorene Lehavi, Ph.D. is principal of Next Level Business and Professional Coaching. You can get a free sample of her ebook, Stop Doing What You Hate...Start Doing What You Love at <http://www.StartDoingWhatYouLove.com> Contact Dr. Lehavi at [Dorene@CoachingforYourNextLevel.com](mailto:Dorene@CoachingforYourNextLevel.com) or on the web at <http://www.CoachingforYourNextLevel.com> and sign up for her free newsletter, Mastering Your Next Level.

### **The Art of Loving & Living**

**By Hifzur Rehman**

The joy of living is in loving. No doubt, only lovers enjoy life!

Live every moment of your life as a love-live affair and create a win-win situation for yourself. The love-live relationship leads to a world of great joy, excitement, success and happiness. Love your life and let it flourish in a loving environment. Think who else need your love more than YOU.

In order to love yourself, you need to know yourself. When you know yourself then you also know your positive and negative points. You also know what can be done and what cannot. What can and what cannot work for you. Self-knowledge is your greatest power and strength.

Keep the book of your life remain open in front of you. Every chapter of this book reveals the true story of your life. Don't keep yourself in the dark by hiding the truth. Don't betray yourself. Be honest! Take full responsibility of your actions. Admit your mistakes, forgive yourself for the past mistakes and avoid repeating them. Treat yourself nicely, and start living a stress-free and depression-free life.

You need not write down your autobiography and get it published. However, it is important to keep track of the important events of your day-to-day life; your past successes and failures. What lessons did you learn from your mistakes and what corrective steps do you want to take now to achieve the desired results?

## Top 10 Ways to Start Living a More Meaningful Life

Once you know yourself, it would be much easier for you to devise a success plan and work intelligently to achieve the height of success you are dreaming of. Success is the natural outcome of your well planned efforts. It is possible to bring a positive change to your life by making a firm commitment with yourself.

If you are that unfortunate person who sees no light on the other side of the tunnel and considers his life as a burden then you are the one who needs to love himself most. Your love for life can give you a new vision and philosophy of life. Don't ever think yourself as a useless person.

Start loving yourself with a positive state of mind. Be confident that you are going to achieve what appeared to be impossible. Your love–live relationship is going to show you the way to success. It's a different kind of ever–growing love relationship which makes your life colorful and meaningful.

Hifzur Rehman is an author and editor of his website

. His website is a

great source of help to those who want to learn the secrets of a happy, successful and a more fulfilling life.



**This Free E–Book has been brought to you by [Natural–Aging.com](http://Natural–Aging.com).**



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