

How To Improve Your Life In Just 10 (somewhat painful) Steps

1: Make a list of the top ten things that are eating up your mind. Then, take action, not to resolve or fix them, but to make small progress. Once complete, make another list of ten and continue this process, keeping old lists so you can look back and identify patterns and progress.

2: Exercise in a way that is enjoyable for you. We don't always do what we enjoy, which is strange. Yet, building a habit of doing something we enjoy is easy. If there is no physical pursuit that you love, find one you like. If you like nothing, find one you loathe the least.

3: Eat healthier than anyone you know or have read about. Find a way to make this a joy as well, even if your bad habits, pretending to be friends, beg and yell at you. There is only one thing that helps more than improving one's diet out of love of self and others, and that's step 4:

4: Boost your mood with improved sleep. Sleeping deeply requires other improvements to your life, such as not drinking alcohol or caffeine, eating better, and creating a clean and healthy environment for your bedroom. It's all connected.

5: Pursue your passion by sacrificing something that harms you, as well as something you like. Drinking harms you. And while you might enjoy watching films, your art suffers, or maybe never even exists. Eliminate anything that distracts you from creating.

6: Repeatedly read the finest books until you know them as well as the author. Repetition is the key to wisdom. But wisdom in what? Seek great books on the other side of your views—subjects you need to know, might need to know, and thoroughly enjoy.

7: Talk to professionals who are legally bound to confidentiality. From CBT to EMDR, therapy is not for weak or bad people, but for those who want to be stronger and more loving. Also, look to your chosen Elders. Find them. Listen to them.

8: Find closure by no longer talking and thinking about the past. If need be, start by dedicating a set time each day to not think about a past pain. Afterward, write it out in extreme detail before burning that old chapter of life. Forgive others and forgive yourself!

9: Play as hard as you work. If you are a dancer, do not just dance; go to classes and events. There, you will find the greatest spice in life—wondrous friends who see in you an enhanced joy. You, and indeed, the whole world, will be richer as you pursue your passions.

10: Face your fears, ranging from what is causing you to have a disorganized home to your fear of speaking with people. The world will remain as scary as it seems, but you will get so much stronger—you will glide through life as a caregiver.

If applying this helps improve your life, then look for more resources at:

www.EmotionalManagement.org