

Health Bytes, March 22, 2010

Are You Living Your Best Life?

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Are you living your best life, or are you simply surviving - going from day to day without true meaning and purpose? Do you believe in your ability to make a change, are you determined to succeed and committed to making a change to improve your life? Are you willing to put forth the effort needed to attain your goal? You can make changes at any point in life so that you are living your best life. Here are a few ideas to get you started:

Create your own happiness:

Do not count on other people to make you happy. The only person who can make you happy is you. Choose to be positive and get involved in activities you are passionate about to feel a deeper sense of purpose.

Practice forgiveness. Ease your burdens, stop being resentful, let go of grudges for past upsets and misunderstandings. Forgiving yourself and others can free your soul.

Decrease stress at home. Leave work-related issues at the office and don't let them consume your personal life.

Schedule "dates" to spend time with family and friends.

Make time for yourself every day do what you like best such as working out, reading, fixing up your car, etc. to help keep your spirits up through the week.

Live as if there is no tomorrow. If you died today, would your loved ones know how much you love them? Would you have done everything on your bucket list? Would you live today differently? Reflecting on mortality helps you to focus on the things that matter most.

Let go of the past. Personal regret of things you should have done is not serving you well so let it go. Living in the past only sabotages the present. You can't change the past and the only direction you want to move is forward.

Accept responsibility. Take personal responsibility for your actions. Accept the fact that life's not always fair. Give people the benefit of the doubt and don't assume the world is out to get you.

Get healthy. You owe it to your body to keep it in good shape. Whether you walk, swim, or weight lift, make sure to do some type of physical activity daily. Strive to get at least seven to eight hours of sleep each night. Your mind will rejuvenate faster and you will feel better about yourself.

Laugh every day. Laughter can relieve stress and improve your mood.

If you don't feel you are really living your life, then make the effort to turn your dreams into a reality. If you want to lose weight, start making better food choices, pass up the cake for an apple; if you want to improve your marriage, take off the boxing gloves and shower each other with affection, attention, and praise; if you wronged someone and want to make it right, move past your pride and acknowledge your mistake.

Don't settle for just living life going through the motions. Strive to live your best life!