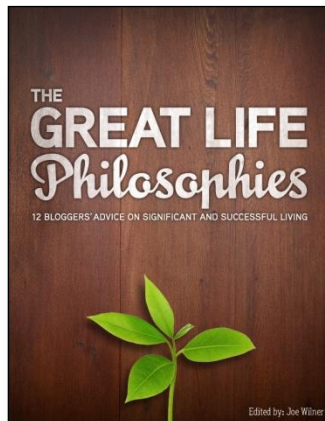


THE  
**GREAT LIFE**  
*Philosophies*

12 BLOGGERS' ADVICE ON SIGNIFICANT AND SUCCESSFUL LIVING



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# INTRODUCTION

## LIVING A “GREAT” LIFE



*By Joe Wilner*

We all want to live an enjoyable and pleasurable life. One where we are able to experience the highs and lows with a sense of awareness, hope, and wisdom, and with the aspiration to find passion, joy, and meaning on the way to living a truly happy existence.

That’s what this compilation of essays embodies. It’s a collection of profound and illuminating lessons on how to live a “great” life.

How to live the best life possible has been an ancient philosophical contemplation for centuries. Aristotle contemplated the idea of the “good” life, and thought that people should strive to be the best they can be, and by doing so could be happy. Today this idea is linked to human flourishing, or people living a life where they are competent at what they do, enjoy what they do, and are happy because of it.

Living a “great life” is more apropos for the current world than the “good” life. We have access at our finger tips to all the amenities and knowledge possible to continually grow and develop in our relationships, spirituality, and self-awareness. We can offer so much to world at such minimal cost and overall effort than we ever could before. We have the opportunity to really live a great life!

It’s more possible and important than ever to find our calling, enjoy what we do, feel passionate about our purpose and life mission, and ultimately help the world be a better place.

This will not only enhance our own well-being and fulfillment, but will add to the well-being and hope of others. We can experience greater purpose, meaning, and engagement in life, and start giving back to others in the process.

Life is not about being perfect or being the best. It's about living the best life we can live based on what we know, and working to always improve. Little by little we can learn how to do well for the world and continue to expand and grow as a human being.

We can cultivate a dream for the future and make this dream a reality. This book will offer advice to make it happen.

# 1

## UNKNOWNING VICTIMS IN TODAY'S WORLD



By Rob White of [Mind Adventures](#)

Are you tired of being unknowingly victimized by reports of a deep recession and stories of violent crimes? Good! Then it's time to recognize how the World-Voice harasses you in ways that adversely affect your attitude and mood.

The World-Voice is found on the headlines of the morning paper; it's the lead story in the evening news, it's on the Internet and it's parroted by friends and neighbors. "Woe is me" has become the chant of the twenty first century.

Most folks have given up W.O.W. (Wonderful Obsession Winning!) for W.O.E. (What On Earth!); we've given up our inherent position as 'sovereign master' of our earthly experiences for being the helpless victim.

Enough is enough already! Whether you are aware of it or not, you are continually assaulted with misleading opinions that would have you believe that you are incapable of experiencing a safe and prosperous life. Everyone is the target of these lies spoken by the World-Voice; lies that threaten you with loss of every nature (ill health, loss of income, loss of love...).

You are marvelously made, and destined to win at whatever you set your mind to. What will it be for you ... riches of every nature, or feelings of insecurity and poverty?

The only problem that exists in the world right now is a lack of information about the superlatively creative skills that human beings possess. We have stopped talking to ourselves about our supreme ability to design our earthly destiny as we want it to be. Children do it, until they are hit with 60,000 NO's between age two and six; then they too, begin trembling; they begin thinking of themselves as incapable of fulfilling on their dreams.

When it comes to your world of experiences - you are the sovereign master!

This curing fact will save you from being part of the Woesome pack.

It is crucial that you recognize the truth about you. The harmful World-Voice will not have you know that you are an infinitely unique being; it will deny that your hidden talents and unrealized potential are beyond measure.

Accept no longer, the World-Voice as your own voice! This Voice uses unaware human beings. Your true voice speaks of your unlimitedness; listen to it. The truth speaks to you from deep inside. Dismiss discouraging thoughts - make room for spiritual health and prosperous living.

Are you truly paying attention right now? Are you nodding in agreement? Then you've turned the light on ... right there before you is the truth! Write down some of the talents that you wish you had:

(1) I wish I was a good writer.

(2) I wish I was smarter.

(3) I wish I was able to start my own business and make a lot of money.

If you can think about them, THEN YOU HAVE THEM! Review your list. Increase your wisdom for detecting how these hidden talents want to express through you.

Now go out into the world and ACT AS THOUGH YOUR HIDDEN TALENTS ARE ALREADY SO - these hidden talents are no longer hiding from you. Persist; you will hear higher voices of sanity and compassion speaking to you. That is the Authentic-Self finally getting to have its say. LISTEN!

Declare your independence from the World-Voice; declare yourself free from the harassing tone of WOE; it's like moving from a loud, noisy street to a quiet, serene park. IF IT IS TO BE, IT IS UP TO THEE!

**Student:** *So, what does it take to declare your independence from the world-voice with its WOEsome points of view?*

**Teacher:** *Thoughts of WOE immediately begin trembling when you rise above mechanical thinking. You neutralize a WOEsome thought whenever you step aside and just notice it.*

Declaring your independence requires that you be an independent thinker:

- Be the objective observer when WOE becomes part of your self-talk.
- Don't get caught in the strange hypnosis that comes with discouraging thought-habits.

- Deliberately elevate your consciousness; become a witness of your thinking, rather than a victim.
- Detach from the mechanics of mental reactions


Here are some powerful tips on how to defeat 'WOE' when it attacks. What WOE loves, you must love the opposite:

- \* Woe loves the helpless victim ... you must love being the triumphant victor.
- \* Woe loves reactive tendencies ... you must love 'acting as though being a superlative creator' is soooo much what you are!
- Woe loves ignorance and lies that say you are a helpless victim ... you must love intelligence and the truth about your superlatively creative nature.

No problem is a permanent problem when you deny WOEsome thinking its opinion.

Ponder this; let it become real for you. All recurring problems are false problems when looked at from the perspective of WOW.

You save yourself a lot of grief when you wake up to one saving fact: the only thing that you need saving from is any WOEsome attitude that tries to dominate you.

	<p><b>Rob White</b> is a dynamic philosopher, author, teacher and founder of Mind Adventure, Inc. rob white has spent over 30 years studying and testing myriad methods and tools for success. He has honed and developed the methods into a very powerful success system. Rob wrote the book 180 and ROAR to share the principles and methods he used to accomplish incredible results in his life. Rob succeeds in many domains of life (emotionally, spiritually, with relationships and financially). He didn't start out this way. It took two decades for rob to make a 180 from WOE to WOW. It is rob's passion to share the principles and methods he used to help others empower themselves. Rob is a keynote speaker and business consultant and frequently conducts seminars and workshops in the Boston area.</p>
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# 2

## THE BEST ADVICE EVER



By Alex Blackwell of [\*The BridgeMaker\*](#)

One advantage of approaching the half-century mark is I have received plenty of advice. Some of the advice has missed the mark, but most of it has been helpful.

And even if the good advice didn't seem to fit at the time, I filed it away for future use because saving advice can have the same benefit as saving money – it's always good to have on hand for those rainy days.

Offering advice is a basic, natural instinct. There was once a time when one hunter telling another hunter where the tigers lurked was particularly helpful. Though the threat of a tiger attacking is not likely today, risks and challenges still exist. Offering advice is still one way we can protect each other in an unpredictable world.

**With 48+ years under my belt, here is the best advice I have ever received.** I have separated it into two categories: **Life Advice:** how to live day-to-day with happiness; and **Relationship Advice:** how to build and nurture the most important relationships – the ones with our partners, children, and parents.

This advice is my gift to you. You are free to ignore it, receive it or file it away for a rainy day.

### **Part One | Life Advice**

**Forget regret.**

Leave your mistakes and regret in the past. They don't define your value, then or now. When you stay in the past you become stuck. We all have made mistakes and the consequences can hit us pretty hard. However, when we learn to put these experiences behind us – by letting them go, we are free to greet this day and live it to its fullest.

**Ask for help.**

You are not alone. It may feel that way sometimes, but there are many people who would extend their hand and lift you up if asked. All you have to do is ask.

**Believe you are worthy.**

Whatever your goal or your dream, you are worthy of achieving it. The closer you get to it is when doubt becomes the loudest. Replace doubt with the truth – you are worthy to have your heart's desire.

**Keep the faith.**

At the end of the day when you are weary from all of the effort and energy you have expended and you are tired from being hit so many times, but the dream is not realized, the one thing that tells you to keep going; to get up tomorrow, is your faith.

**We are what we do.**

We are not what we think, or what we feel, or what we say, we are what we *do*. Actions do indeed speak louder than words. If you are unhappy with a particular part of your life, take a strong look at what you are *doing* to be happier.

**Perform one act of kindness daily.**

Kindness breeds more kindness. The concept of “paying it forward” is alive – live it, too.

**Be bold, and mighty forces will come to your aid.**

When we step out and claim what we want from the world a wonderful thing happens – the Universe responds.

**Life's two most important questions are “Why?” and “Why not?” The trick is knowing which one to ask.**

Understanding why we do certain things is the first step to change. Until we understand what motivates us, what we get from doing a particular behavior, there is no momentum to begin the change process. Likewise, by asking “Why not?” we begin assessing the risk versus reward aspect which can lead to bringing about productive change in our lives.

### **Happiness is the ultimate risk.**

No matter how painful, sometimes what we know is more comfortable than what we don't know, even if we are depressed and miserable. Our misery can feel safe because it has been a part of us for so long. To seek happiness, to do things to break free of the depression, is a risk because we don't know what it looks like or feels like to be happy. The antidote for this is hope and faith.

### **We flee from the truth in vain.**

Somewhere along the way there are truths about ourselves we never allow to see the light of day. Shame, guilt or embarrassment keeps these truths hidden and locked away. But remember, we cannot change or heal what we do not acknowledge.

### **The perfect is the enemy of the good.**

While it's important to have control over our lives, it can be counterproductive to attempt to control our lives. The energy spent trying to be perfect can keep us from enjoying and appreciating all the good things that exist right before us.

### **It's a poor idea to lie to oneself.**

We may say the words, the words of a lie, but inside we know better; we know the truth. The most damaging lie we can tell ourselves involves making a promise. While good intentions are important, living the truth has far greater value in our life. Do what you say you are going to do, not just to improve the quality of your life, but to be able to live your life with confidence and self-respect.

## **Part Two | Relationship Advice**

### **Love is never lost, not even in death.**

To lose what means the most to us is the ultimate test of helplessness and survival. I have been very fortunate to not yet experience the death of an immediate family member. That

day, however, will come. When it does, my hope is I can transfer all of the love I have for that person to others still with me. In that way, the love for the person lost will always be alive.

**Listen; really listen, when someone is speaking to you.**

Listen without judgments or criticism. Try to avoid any self-referencing and be fully present for whoever needs it.

**Say “I Love You” everyday.**

Tell the people who you truly love and cherish “I love you” every day. Do so with heart-felt sincerity. Love them as if this were their, and your, last day on earth. Don’t wait; tell them today.

**Any relationship is under the control of the person who cares the least.**

When relationships end it is typically because of unmet expectations or one person is not feeling love or cherished by the other. For relationships to grow and last both members have to be equal with the love they give; and both should do it, not because they think they have to do it, but because they want to do it.

**Unrequited love is painful but not romantic.**

Love is meant to be shared. When you give your heart to someone who is uninterested, it will only result in loneliness and disappointment. Instead find someone who will share love with you. When you do, you will feel the real power of love.

**True love is the apple of Eden.**

“When I look back, the Garden is a dream to me. It was beautiful, surpassingly beautiful, enchantingly beautiful; and now it is lost, and I shall never see it any more. The Garden is lost, but I have found *him and am content*. - from Mark Twain in *Eve’s Diary*. True love is fair compensation for the obstacles and burdens of being human.

**Forgiveness is a form of letting go, but they are not the same thing.**

To be clear, the purpose of forgiveness is not to let the person who harmed you off the hook, the purpose of forgiveness is to end the grief it has cost you. Don’t just let go, forgive

and truly surrender the feelings of anger and pain. This may seem difficult, almost impossible, until you attempt to do it.

### **Show appreciation.**

A simple “thank you” in response to a trivial or ordinary item can make a significant difference. It only takes a few short moments to utter these two words, but the impact can be felt for a very long time.

### **Be happy, not right.**

Here’s a question for you, “Would you rather be right, or happy?” Too often our pride and egos can keep us from enjoying intimate relationships. We stew over what we think are injustices, but are perhaps only misunderstandings.

### **Be aware of your thoughts and feelings.**

You own your thoughts and feelings. These make you unique and keep you grounded with who you really are or growing to become. By doing so, you are in a much better position to love freely and honestly.

### **Try to see the best in others, not the worst.**

When you expect good things to happen, good usually does happen. When you expect the best in someone, you often receive that, too. **Bottom line:** You usually get what you asked for in life.

### **Celebrate the love in your life.**

Love is a miracle. When you are able to share your love and become love you have something worth treasuring and celebrating. We should never take love for granted – it can be snatched away in the blink of an eye.



***Alex Blackwell** is the founder and primary writer for [The BridgeMaker](#), an honestly written lifestyle blog dedicated to [finding faith](#), sharing inspiration, and highlighting stories of [personal change](#). Connect with Alex on [Facebook](#).*

# 3

## WHAT GAME ARE YOU PLAYING IN LIFE?



*By Andrea DeBell of [Britetalk](#)*

My philosophy in life is that there are only two games that we can play. One game is very popular; the other game, not so much. Most of us play the most popular game day in and day out. This popular game doesn't bring happiness, it actually brings unhappiness, but nevertheless we continue to play it constantly. This is the Limitation Game.

Like you, I know the Limitation Game very well. I played it for many years. I'm not ashamed to say that I was a pro at it.

### **The Limitation Game**

Most of us are very good at the Limitation Game in at least one area of our life – and maybe in most areas. When we play the Limitation Game we feel like victims of our circumstances. By association, we blame others for what happens in our life. Life ends up being what happens to us and there isn't anything that we can do about it. We feel doomed to live small lives.

On top of that, during this game our inner dialogue is constantly saying "I can't do it." "I'm not good enough." "This is impossible." For everything that we encounter, we let negative and self-defeating thoughts control the situation and get the best of us. We get so beaten up by life that we feel hopeless. It's like living powerless in a dead end life.

Now that you've mastered the Limitation Game, it's time to switch teams and play the only game that is actually going to bring happiness and fulfillment into your life: The Freedom Game.

## **The Freedom Game**

The Freedom Game is about changing how we feel about ourselves and our lives. I work at this game every day hoping to be a pro at it one day. As I internalize the rules of this new game, my life opens up and happiness and joy blossom like never before.

Notice that the Freedom Game is not about changing our circumstances to more favorable ones. It's an internal game, not an external game. As we change our perception about our life, our life also changes. So how do we play this game?

The Freedom Game is actually very simple. It only involves a few guidelines. The tricky part is to remember to follow these guidelines all the time. We're so used to the Limitation Game that if we don't make an effort to stick to the principles of the Freedom Game, it's easy to start playing our old game without even noticing it.

Here are some fail-proof strategies from the Freedom Game that will turn your life around:

### **1. Take 100% responsibility**

No more victim mentality. Take control for how you feel about your life. When we blame others, we give our power away. We pretend that they have the power to control our feelings. If only they hadn't done this, or if they had done this instead, or if they had said that, then we would be ok. How can anyone else but our self be responsible for how we feel?

No one can make us feel what we don't want to feel. Whatever feelings we have in each moment, we are responsible for them. Your boss cannot make you feel incompetent; only you can make yourself feel this way. Your partner or your family cannot make you feel unlovable; only you can make yourself feel this way. We're choosing each of the feelings and fears we're experiencing.

### **2. Change your thoughts.**

As we take responsibility for how we feel about our life and our circumstances, we allow ourselves to choose something different. The door opens for us to change our thoughts about ourselves and our life because we're the ones with the power.

We can choose to see that there is nothing wrong with our circumstances – not one single thing. It's what we think about our situation that is bothering us. If we change our thoughts and see our situation and other people in our life as perfect, our life immediately changes.

This slight change in perception makes a world of difference. As we become aware of the thoughts that cross our minds, we can more easily choose healthy, supporting thoughts that liberate us.

### 3. Choose happiness

Now that we're becoming aware of our thoughts, we can choose happiness instead of misery. In each moment we can choose to complain and feel miserable, or we can choose to see a blessing. It's extremely liberating and empowering to know that our happiness doesn't depend on anyone else except ourselves. It's up to us to choose in each moment to be happy with what life has given us and with what we're experiencing. Everything in our life is a lesson to be learned, a blessing to be discovered. It's up to us to choose to see it this way.

### 4. Live in the now.

Forget the stories we tell ourselves about the past and who we think we are or were. This is all in the past and we can't do anything about it. It's time to stop reinforcing ideas of who we're not. It's our chance now to create a new empowering version of ourselves in each moment. Only this moment counts; the choices we make in this very moment determine the life we lead and how we experience it. Only this moment counts, not the past or the future.

Right now is when we decide to be open to happiness, open to our potential, open to exploring new possibilities and new venues. In this moment we're 100% responsible for our happiness, our choices, and our feelings.

There is only one game that can lead you to a life of total happiness. Now that you know how to play the game that will give you a happy and fulfilling life, the choice is yours. Which game are you going to play in your life?



**Andrea DeBell** is a self-empowerment blogger who writes about how to live a happy, positive, passionate, peaceful life on her blog [Britetalk](#). She is a spiritual geek, personal growth fanatic, and bliss consultant who would love to partner with you on a journey to embrace the world with joy and amazement. Check out her free guide [Fast Track to Bliss](#) to get started on your journey to a blissful you. You can also connect with Andrea on Twitter [@brite2briter](#) or on [Facebook](#).

# 4

## DISCOVER YOUR SUPERPOWERS AND LIVE AN AMAZING LIFE



By Karl Staib of [Work Happy Now](#)

*"I can tell you what I believe is the secret to a happy life. Work worth doing."*

*- Justice Sandra Day O'Connor*

You either believe that your work is a passion or just a job. This concept is what makes most people unhappy or happy, because it determines how they connect with their work. When people feel they are doing work that is greater than them, that's when the magic happens.

Which category does your career fall under?

It's a tough question to answer because you probably have some parts that you enjoy. You love earning money to do things you love. You love certain tasks you perform, but the question that you really need to ask is, **"Do I get excited by my work." If the answer is no then you have to do something about it.**

That means learning to use your superpowers every day. Yes, I said superpowers. You have them. You have powers to change the world. The thing is you aren't using them enough. You are letting them go unused, hurting yourself in the process.

Too many career experts talk about using our strengths. *"Strengths are going to get you to the promise land. Strengths are all you need to focus on."*

That's bullshit. You also have to align your work with things that excite you.

I'm realistic, and if you love to bang on drums, but never had a lick of training then being a professional drummer probably won't happen. Ok, so you have a clue of where you can take your career. Maybe you help drummers by creating an online network that allows them to connect and create music with singers in other countries. You help them produce an album and you get a cut of the profits. Most likely the first few people you try to

connect doesn't work, but do this enough times and you'll start to build relationships that help you build a business doing work that aligns with your passions and strengths.

You have to find what superpowers other people need, so you can help as many people as possible. A superpower is an action that falls under three categories:

- 1. Passion - You love doing this action.**
- 2. Focus - You get in the zone when doing this action.**
- 3. Strengths - The action comes easily to you.**

If you do work that falls into all three of these categories you will be doing amazing work.

Knowing what your superpower is actually the easy part. The hard part is using this superpower every day. The reason you probably hold back from using your superpower is the possible consequence of what might go wrong.

One of my superpowers is interviewing. Every time I interview someone I get scared. There is this split second thought that I should just cancel it. I call this negative voice my arch nemesis. When I encourage a playful mindset it makes it a lot easier to adjust to my circumstances. It becomes a heroic battle instead of a boring way to change my habits.

You create your life. You can either be the captain or deckhand. It's really your choice.

*"A man is but the product of his thoughts what he thinks, he becomes." Mohandas Gandhi*

You really don't have much time on this earth to be a deckhand. Even if you live until your eighty, you'll probably want to live until your ninety, it's how life works.

We realize how precious life is after it slips away.

I recently found out I had cancer. I caught it early and should live a long life, but there are no guarantees. There is only today. If you aren't excited about the work you are doing you are missing out on the chance to use your superpowers and make a difference in people's lives.

You could die tomorrow. Believe me I know. I've had a brush with death a few times.

The question that you must ask yourself is:

Are you going to be proud of the legacy you left behind?



**Karl Staib** is a [career coach](#) who helps people leverage their superpowers! If you enjoyed this piece, you may want to check him out on [Work Happy Now](#) or join his free [10 Part E-course to a Happier and More Successful You](#).

# 5

## HOW TO SERIOUSLY SUCCEED AT LIFE



By Scott Dinsmore of [Reading for Your Success](#)

As far as I'm concerned, life is meant to be an endless experience, one with casual stops along the way but with no real destination. It took a few years for me to absorb this through the thick jaded filter of modern society, and I'm glad to be on the other side.

Along the way I've picked up a few things that have made all the difference...

### **1. Model success**

There is no sense in reinventing the wheel. Think about your dreams. Feel them. Now look around and notice those who are experiencing them. Take to books, the web or in person interactions. Make a study of the experts. Pick your models for success. Warren Buffett's my model for my investment business, Leo Babauta is my blogging guru, Tim Ferriss keeps lifestyle design close in mind, and my family reminds me of the life I want to build with my wife. Take note of the good and the bad. Adopt the former and drop the latter. What's left is magic. Just add hard work.

### **2. There's a relationships behind everything**

Life begins here. Nothing is more important than creating meaningful experiences with people you love (or whom you hardly know). Make an effort to create personal connections wherever you go. Remember names and birthdays and little bits from other's lives. You'd be surprised how easy it is to make someone's day. Prioritize connection.

### **3. Question the rules**

Nothing magnificent was ever created by following the crowd. This doesn't mean you always break the rules, but please don't take any as gospel without doing your own thinking. If someone tells you to get a 'good' and meaningless job after college, ask why?

Continue to ask why until you are satisfied (or the other side runs away). Then go out and do something you care about. If something doesn't make sense to you, it's ok not to go along with it. That's how Roger Bannister broke the four minute mile. It also gave us the iPhone. Impossible is only impossible until someone does it.

#### **4. Test limits**

On that thread, test things yourself when necessary, especially test things physically. Last year a handful of people told me a barefoot ultra-marathon wasn't possible given that I'd never run more than 14 miles prior. I decided I'd find out. I entered the race after a few weeks of training. Guess what happened? I finished. Good thing I didn't listen. These physical experiences are massively transferrable. Once one impossible thing becomes reality, all kinds of other 'impossibilities' seem doable--physically, mentally and in business. Constantly test limits.

#### **5. Stop comparing**

Society trains us to compare meaningless things like job title, salary, physical figure and weight. This will drive you crazy. And I have news. There will always be someone bigger, faster, or stronger than you. Get over it. All you should care about is like comparison. That can only be done with yourself. Feel free to use others' progress to motivate you but do not get frustrated when one person gets a different result than you. An apple is not an orange, nor is a banana. Be your own benchmark.

#### **6. Enjoy the paddle**

A professional surfer friend of mine once explained the moment he finally caught his stride. He realized that surfing is not about riding waves. That's only 1% of the experience at best. The rest involves wiping out and most importantly, paddling. If you don't love paddling you won't be out in the water for long. A surfer spends his life paddling. The waves are little bonuses here and there but the majority of life is the paddle. We all paddle every day. Most of us walk around pissed off about how much we hate it. Why not learn to embrace and savor the paddle? Is there any other choice?

*Remember happiness not spent today does not equal more happiness tomorrow.*

#### **7. Know who you are and give it to the world**

When I began the journey of understanding myself, my natural strengths, values and talents, I was reborn. Only with this understanding can you have a chance at discovering how you're meant to change the world. I recently wrote [The Beginner's Guide to Being Congruent](#) to help others with this discovery. If you aren't accessing your strengths (or Superpowers as I like to call them) on a regular basis, you are trying to run through quicksand. There is an easier and more fulfilling way.

## 8. Get a coach

Why are sports the only standard societal place for a coach? They are just as useful, if not more so, in every other area of life. Even coaches have coaches. They allow us to see things objectively, keep us accountable and notice angles we can't from inside our own head. Anyone is better than no one, but I suggest hiring someone who means business. I have yet to find money better spent.

## 9. Learn how to fail

Then do everything to avoid it. Charlie Munger notoriously states "I want to know where I'm going to die so I won't go there." Make a deep study of how people have failed in business and in life. Notice the common cliffs people have stumbled over. Build your path accordingly.

## 10. Know what you want

Get ridiculously specific. Define your dreams to the penny. How much time will be required? Why do you want it? You'll realize it often takes a lot less time and money to live in your dreams than you thought. Stop worrying about acquiring all those meaningless things and begin collecting dreams and experiences. If you don't know when to be satisfied, then you'll likely have the same answer to 'what's enough?' as many Wall Street bankers: "more". True dreams exist on a level closer to reality than you think.

While the above are surely helpful in constructing a full life, the most important ingredient is desire. Have the interest to learn, test and refute everything you can. Be a sponge. Keep your sights set on continued learning and your reality will be rewritten.

Is the chapter you write today going to be worth reading tomorrow?



**Scott Dinsmore** is a life-experimenter, [Personal Freedom Coach](#) and writer at [Reading For Your Success](#) where he's dedicated to helping people better understand themselves, find work they love and live life on their terms. He is also a founder and managing partner of [Cumbre Capital Partners](#), a value investment partnership modeled directly after the Warren Buffett Partnerships of the 50's and 60's. When he's not writing about adventures, he's out creating them and constantly testing limits, be it running ultra marathons, learning a new language or exploring a new country. Check out more of his work and download his [Finding Freedom eBook](#) or follow him on [Twitter](#).

# 6

## TO LIVE A SUCCESSFUL LIFE - TURN UP THE VOLUME OF YOUR INNER VOICE



By Angela Artemis of [\*Powered by Intuition\*](#)

*“The only real valuable thing is intuition.” – Albert Einstein*

**Learn to follow your intuition and you'll be inspired to live a brilliant and meaningful life.**

This is the foundation of my philosophy and my advice for anyone who is looking to live a “significant and successful life.”

**What does living a “significant and successful life” look like?**

To me significant means that your work is centered on service to others, and to be successful means that your life works and is balanced in all facets.

Successful doesn't necessarily mean great wealth, although it can. Balance is the key here. Though it does mean that:

- You're happy and enjoy your life
- You have healthy relationships
- You're able to give as well as receive
- You take care of your body and eat sensibly and exercise
- You are devoted to your spiritual growth and have a daily spiritual practice that helps keep stress in check
- You are open to new ideas and constantly learning
- You live in comfort and have what you need to feed your family and pay your bills and to save some money.

This is not to say that you will live a problem free life – that is an impossibility. You will, however, be better equipped to deal with challenges than the next person due to the substantial advantages that developing your intuition brings you.

**The truth is, developing your intuition has many benefits to help you succeed in all areas of your life, such as:**

- Reduce stress levels
- Improves focus
- Improve memory
- Improves decision-making
- Improves relationships
- Improves health
- Heightens creativity
- Boosts problem solving skills
- Operate at the genius level

These important reasons are why I recommend developing intuition and why I have made it the foundation of my own self-development.

**How does developing intuition create so many benefits?**

**Stress reduction –**

When we learn to listen for our intuition we must not only become more selective about the thoughts we “hear,” but also learn how to slow down our thoughts so we really “hear” them. This in and of itself reduces stress. The process of “listening” for our intuition reduces “mind chatter” which contributes significantly to daily stress. We become relaxed as our minds calm down, and this affects our bodies physiological stress responses.

When we hear our thoughts, that is to say, the right thoughts and selectively filter out the self-defeating ones we are also better able to reduce inner conflict which aids in stress reduction. Most inner conflict results from negative or self-limiting beliefs that directly undermine the goals we’re trying to achieve. Not listening to these thoughts, which reduces stressful inner conflicts, makes us more effective.

Recent scientific findings have shown that the brain has great plasticity and can be retrained. Habitual negative or self-defeating thoughts can be eliminated. With practice and discipline new neural pathways based on positive and affirming beliefs can be carved out in the brain that replace the old negative ones.

**Improves focus –**

This is the by-product of becoming selective and slowing down the thoughts. As we become calmer due to slowing the pace of thoughts we are better able to focus on the task at hand.

We are no longer easily distracted from our focus by frantic thoughts about another matter. We are able to remain present, clear and attentive.

### **Improves your memory –**

As we make slower thinking a part of our daily lives we will find that we are better able to concentrate upon only one thing at a time, so we remember things more easily and clearly. With discipline the many hundreds of other thoughts we have swirling around in our mind recede to the background allowing us to absorb and record the information we're concentrating upon. With singular focus memory is no longer a problem.

### **Improves decision-making –**

Regular practice of slowing our thoughts improves the quality of our thinking. Without the interruption of non-essential thoughts we can take different scenarios related to our decision and focus upon them more intently from many angles to be sure we're making the right decision.

We are also more aware of subtle senses and feelings that arise during this process. These subtle senses and feelings are how our intuition guides us. When the mind is racing we miss these very subtle clues that are often just below the level of awareness. We can deliberately ask ourselves a question pertaining to the decision at hand and then with our mind's cleared of extraneous thoughts become aware of impressions, images, symbols, fleeting thoughts, and feelings that arise as a result. An out of control and stressed out mind will not be fertile soil for an exercise such as this.

When you become more aware of the subtle feelings operating below your radar you'll "know" if you should get involved with a certain person, or not. You'll "know" if someone is not being truthful. You'll be acutely aware that there is more to the story than someone is telling you, etc. These senses are worth their weight in gold. How many times in your life did you say – Why didn't someone warn me not to do that, or go with this person, etc.?

### **Improves relationships –**

When we learn to slow down our thinking we also become slower at "reacting." Many problems in relationships are caused because we "react" when our buttons are pushed. If we react on autopilot all the time we won't think before we speak and that hurts the relationship. The quality of our thinking improves when we gain control over our mind. We will be more compassionate, kind and sensitive in our responses if we are able to pause for a moment and think, instead of using our words as weapons.

In developing our intuition we become more tuned in to the other person's emotions. This allows us to become aware of and deal with problems before they have gone too far. We become more open to registering those subtle feelings that usually fall beneath our radar, but alert us to problems such as changes in the behavior of the other person, which we might have otherwise overlooked. We will get a nagging feeling that won't go away, or a

sudden hunch that we ought to check in with the friends of the person, etc. Used this way intuition can avert a small problem from becoming a major crisis, such as a spouse looking for emotional comfort elsewhere, or children dabbling in drugs, etc.

### **Improves health -**

When we learn to slow our thoughts we reduce stress levels which also improve our health. Our bodies' systems function in a more balanced manner. There are no huge spikes in harmful hormones that can exacerbate disease. We also become more in-tune with our bodies. We are able to notice, perhaps for the first time, that when we eat certain foods our heart races, or we get a mild head-ache, which could indicate a food allergy, we might never have become aware of if our thoughts were still jumbled and racing all the time. We will [hear wisdom directly from the bodies' intelligence](#) as to what it needs and craves for healthy living that otherwise would have been drowned out in the past. We listen when we hear the gentle promptings to call our physician over a stubborn ailment that won't go away, or small lump in an abnormal place, or even when it's time to take a vacation and get away from unrelenting stress.

### **Heightens creativity -**

When we learn how to listen for our intuition we will begin receiving "flashes" and "hunches" that contain unexpected gems we never would have thought of on our own. The process of slowing down thoughts creates a bigger space between them - which allows these ideas to get through. We are now registering thoughts and flashes of brilliance that before were operating beneath the level of our awareness. New ideas will materialize from out of nowhere, answers will come, and inspiration will manifest regularly when we're attuned to our intuition.

### **Boosts problem-solving -**

The ability to focus, take a problem, and look at it with fresh eyes from all angles and outcomes allows the mind to take pieces from those different angles and put them together in a completely different way than you might have come up with. The discipline of slowing thoughts allows you to be open to new solutions instead of replaying the same two or three options over and over again.

Increasing your reliance upon your intuition also gives you the confidence, after repeated successes, to know that if you instruct your mind to search for the solution it will find it and bring it to you. Beating your head against a wall with the same circuitous thoughts will never bring you any innovative ideas. Intuition opens the well spring to a never ending source of ideas.

### **Operate at the genius level -**

A genius is someone who is capable of using more of their brain functions. Learning to use more of your brain's functions is what learning to develop intuition does for you.

Increasing your ability to have a single-minded focus, a super sharp memory, superior decision-making abilities, heightened creativity, and enhanced problem solving skills is operating at a genius level. When you use your intuition you [stretch the limits of your mind](#) and create new neural pathways for thinking in this manner. And, that's what a genius does, and so can you.

Developing your intuition is the most exciting thing you can do and the most exciting way to live your life.

You will be inspired through hearing the voice of your intuition and led by the currents of life directly to your divine purpose.

To find your divine purpose is to live life with passion and enthusiasm which is the hallmark of a life that stands apart from all others.

And it is the ability to listen to intuition that sets apart a leader from a follower.

When we learn to hear our intuition and trust it to guide us, we will begin the most exciting journey of our lives.

Signs will appear, synchronous events arise, and coincidences will increase as you meet the person you need to meet at the right time because you followed a hunch, or read about just the very thing you need to do for your next step, or get a flash of intuition about the solution to a problem, etc.

So don't wait. Learn to still your mind and allow the wisdom of your intuition to reveal your glorious path.

To begin the most exciting journey of your life follow these 9 tips:

**1. Do not allow yourself to be influenced by what others say is right for you.** Take time to discover what your own values are. What is important to you? What principles do you choose to live your life by? What do you stand for? If you could be living your perfect life now – what would it look like? Gaining confidence and the courage of your convictions is vital to developing intuition. If you don't feel confident about your values you're going to second guess and discount your intuitive hunches all the time.

**2. Don't be afraid to ask for help.** Talk about what you're going through with friends or family. Opening up is the first step in preparing our minds for receiving intuitive guidance. When we are closed off and not open to receiving help it's a mindset that spills over to intuition. The closed mind will miss the subtle intuitive cues too.

**3. Would you benefit from a few sessions of working with an [intuitive coach](#) or mentor?** Sometimes problems are just too big, or overwhelming to us. We need an objective third party to help us sort things out especially when the problem entangles our

emotions. An intuitive coach can work with you to develop your intuition until you're ready to fly solo and do it on your own.

**4. Take time to become quiet each day and go within.** Learn to [still your mind with daily meditation](#) and reflection. There is no way the voice of your intuition will be heard if your mind chatter is constantly going. Learning to meditate and making it daily habit is known to heighten intuition dramatically like nothing else. If you find it difficult to meditate invest in some good guided meditation CDs, or new brain entrainment technology CDs.

**5. Spend time in nature. Go for walks whenever you need a break from what you're doing.** Rhythmic movements such as walking are relaxing. The color green is known to relax us. A relaxed mind is a clear mind and a clear mind brings forth answers. You're also more apt to come up with a solution or new idea when you get away from the problem and stop focusing on it for a while.

**6. Watch for signs. Give your subconscious a command to open you up to seeing the signs.** Tell it that you want to be led to the next step in your journey and the signs will appear. Don't discount dreams, or things that you hear on the radio, or TV, or in conversation, or read somewhere. Answers, guidance and signs can come from anywhere.

**7. Connect with like minded individuals.** Nothing will propel you forward faster than surrounding yourself with others walking the same path. Join an intuitive development group. Practice, practice, practice! If you're working on becoming a better writer, join a writer's group, starting your own business – join a group for entrepreneurs. Place yourself in the likeliest place to get the answers and guidance you need on your journey and be open and they will come.

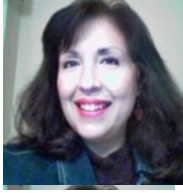
**8. Read voraciously! Great ideas will inspire you and help you to evolve.** To evolve is simply to expand our consciousness. As we become more conscious we will be open to many more opportunities we would not have seen in the past. Read non-fiction books such as self-development book, read books your field as well as on other topics. Don't discount biographies, or fiction either – some of the greatest ideas in science came from science fiction.

**9. Finally, let your enthusiasm, joy and special gifts be a compass for the direction you take in life.** When we are enthused about what we're doing and feel joyful we become magnetic to others and attract many fortunate coincidences and helpful people into our lives. The brooding and unhappy mind will not hear intuitive guidance, but a happy joyful mind will.

**You have everything to gain and nothing to lose by [learning to develop your intuition](#).** The more receptive you become to hearing your intuition the more opportunities to make your dreams come true will appear in your life. The right people you need at the right time will show up in your life, and the right doors will open to you as well.

***Our intuition is the roadmap to our heart's desires, but this map cannot be found in any atlas – the next step to take materializes before us only when we tune into our intuition and trust in its guidance.***

Learn to listen to your intuition and begin the most amazing journey to a life far more incredible than you could have ever imagined.



***Angela Artemis** is a freelance writer, intuitive coach and clairvoyant medium. She is also a financial salesperson and blogs at **Powered By Intuition.***

# 7

## THE GREATEST PLEASURE OF LIVING



By John Sherry of [Real Simple People](#)

Simpleness Living is what I teach, speak and blog about. It's what I truly believe in.

What is Simpleness Living?

Simpleness Living is enjoying life's simple pleasures as part of a varied, busy lifestyle.

This came about after a difficult period in my life. I was a successful professional tennis coach with a great job and I loved working hard and being part of the sports industry. Life was good; income was healthy, I had a swish little apartment, active social circle through tennis, and a lovely partner who loved me and my job.

Can you read the theme running through this? Work!

My work represented far too much of my identity. I built my life around tennis and not around whom and what I was. I worked long hours, socialized with other tennis people, and even found a partner who was happy with the sport. It become me whole ID.

Then it went south. Suddenly I lost the prized job and struggled to get another of the same level in the industry. Almost coincidentally at the same time my father passed away, my mother got cancer and my health went downhill. Money problems began to develop and soon I was being tested for cancer as my physical well being deteriorated and my emotional and mental health with it.

I was caught up in the loss of my world - my role in tennis rather than myself as an all round person with many skills, interests, friends and potentials. I identified with the wrong thing - my tag, my title, my small-fish-in-a-big-sea status.

I became more serious and less caring. I was more distant and unapproachable. Self-pity set in and I began to feel rejected by the world or MY world as I personally made it. Darkness descended over me and the loving light went out. I was lost without my tennis identity and acted that way. I isolated myself from people and dug a black hole of despair which I sorrowfully jumped into.

My partner was cut out. I had no love left, only anger and bitterness and then despair. The relationship floundered. I was truly on my own.

On New Year's Eve 1999 as a new millenium dawned for the planet, I held a large knife over my wrist to end it all. I didn't know who I was anymore. Where I started and the world stopped.

I didn't feel I was wanted anymore. Unneeded and uncared about. Just because I wasn't a tennis coach with a top job!

At the moment I decided to leave this life, I had one last look at John Sherry. What was he all about? Was there anything worth saving or staying around for?

In that second something truly unbelievable happened. Something I can't explain. A light switched on inside. A funny feeling stirred. A weird kind of happiness came over me; a strange desire to start again. Maybe even one day to tell others about this night. So, I did.

It was hell at first, all that pain and darkness to get out of. But, the only way was up; the only direction towards a happier me. That's what I tell people today who are also lost or think they're worthless. You're not...your worth living for. Because when you're at the very bottom, beaten by the worst you can ever go through, the way out is towards realizing you CAN live as you. CAN love life the way you want it. It's always towards happiness at that point.

That it's a sign to start living the way YOU want from now on.

First, though was and is the self-enquiry to understand yourself and validate your presence in this world.

I realized as the sunlight came back into my mind and emotions that I hadn't enjoyed life's simple pleasures. Never allowed myself to experience the little things that made my heart beat, took my mind of anything else, and gave me a real perspective on my life.

I hadn't kept in touch with the basic stuff we all can't do without. It was work first and foremost.

By doing that I became truly happy. Full of life, full of love, full of appreciation, and, most importantly, complete with a personal identity that was mine and not false or hidden behind a job title or desire for recognition.

This led me into writing for a magazine, radio, and TV work, and now my blog, 'Real Simple People', where I enjoy sharing my philosophy of Simpleness Living

Not that even the blog matters, it's only one part of me. There are plenty others. I like to work rest and play and spend time with good friends and loved ones who always keep me grounded. Doesn't everyone who loves us do that so beautifully? I even enjoy tennis again and play at the very club who took away my job all those years ago. It doesn't matter anymore as I now have 'me'.

Nowadays I help others with simpleness; teaching, speaking and coaching as well as compiling the blog. I've never had such fun in all my life. I am in love with it all.

My Simpleness Living focuses on allowing you to enjoy and lose yourself in simple pleasures. I encourage people to include them as part of their diaries to offset their busy lives. To touch base with what feeds their happiness and keeps them connected to themselves, be it fishing, a good book, coffee in the park once a week, or regular chats and nights out with old friends.

It's amazing how easy it is to lose touch with our real selves beyond our work, our achievements, our roles in life, and what we believe the world at large wants from us.

Simpleness Living is about flipping that - what do we enjoy as part of OUR world?

It's about first knowing your personality; the personal traits you have, and that includes the good and our tiny flaws. We are human so recognize and accept that. Those who love you do so; it's only up to you to join in. Then become aware of your likes and dislikes, your hobbies and interests, the individual subjects you follow and the like. Honor them.

Finally is to look at your contribution to life, to the world. It doesn't have to be worldly, just worthy. Just sufficient for yourself to feel you've given something and enjoyed doing so.

Build on these foundations and you will blossom. I did even though there was a time when I thought it was never possible. The bottom was just the top calling me!

YOU are never impossible. You are simple potential waiting to recognize itself, simple happiness ready to be realized.

Simpleness living in you, loving to be enjoyed.

It's what saved my life. It's what could make someone else's.

All I will say is you can be successful, earn great money, work hard, have assets or none, or some of these. Just remember to keep in touch with the simpleness of things and you can get through anything. It's the ultimate balance we seek.

Life isn't complicated; it's us who make it that way. There is another way, the Simpleness Living way.



***John** is a coach, blogger, and speaker, who teaches people how to discover, enjoy, and love who they are. Through his 100% YOU coaching programme he helps people get back in touch with the real person inside so they can develop greater confidence and feel good about who they are, have a stronger identity, and breathe in their own life again. Connect with John on Twitter [@JohnSherry](#) or on [Facebook](#) (john.sherry1). It's time to be the 100% YOU.*

# 8

## MAKING HAPPINESS PURSUE YOU



By Eduard Ezeanu of [\*People Skills Decoded\*](#)

You know that movie with Will Smith called “The Pursuit of Happiness”? It’s one of my favorite movies, starring one of my favorite actors.

I do have a quarrel with the name though. I used to be the poster child happiness pursuer. I was monitoring my emotional state relentlessly and trying to pump it up, I even felt guilty sometimes for not being happy. I felt sad about being sad; can you imagine?!

That’s in the past now. After years of personal development, coaching other people and simply experiencing life, I have a new mind frame about happiness and a new approach to it. They don’t involve pursuing happiness; they involve making happiness pursue you.

### **What You Chase, Runs Away**

One of the most important things I’ve realized is that the more you directly pursue happiness, the more it eludes you. You chase it and it runs away.

In my view, *happiness is not something to pursue directly. Rather, it is the end result of a certain way of living and a certain way of thinking.* Sure, the end goal is happiness, but you achieve it by pursuing the contexts that create it, not by pursuing it.

One of the best things I’ve ever done was to stop thinking about happiness and just let my mind slide to the concept now and again, while I spend the rest of my time thinking about and doing all sort of other stuff that my mind has internalized as the ingredients of happiness for me.

So if you ask me “Are you happy?” the honest immediate answer I can give you is “I don’t know, let me think about it”. Then I look at my life, I measure it subjectively and, most of the time, I realize that I am happy.

## **The External Conditions of Happiness**

Make no mistake about it, external conditions do play a big role in our level of happiness. It’s near impossible to think yourself happy when you barely get by or when your life is highly repetitive and predictable.

However, external conditions don’t influence happiness the way most of us think. Most of us tend to consider that achieving status, fame, power, success or a huge income will make us happy.

In fact, chasing these things has a lot more chance of turning into a rat race: you eventually get one of them, you feel good for a while, and then you get used to it and need an even bigger dose to feel good again. Our mind has an incredible ability to adapt to changes in our social, economic and professional status.

The key way external conditions affect happiness is this: you become happier by doing more of the things that make you happy. This is something substantially different because *it’s not about achieving; it’s about living life the way you want.*

I constantly see people pushing hard to make more money, buy a big house and earn a reputation by doing things they don’t really enjoy and they don’t really find meaning in. These people typically end up less happy than the people who simply spend their days doing whatever they enjoy doing.

This is the way I see things, happiness comes to you mainly when you create for yourself a lifestyle in which you do the things you love.

I love to coach others, to write on personal growth, to social dance and to have deep conversations with authentic people. So I spend lots of my time each day and each week doing these things.

I firmly believe that *designing your life around your passions and your values instead of around moving up the hierarchy* is one of the best things you can do.

## **The Internal Conditions of Happiness**

I like to talk about these conditions second because I see them as being even more important than the external conditions, and I like to keep the best for last.

No matter how well you design your lifestyle, you are only human and that means you *have a lot of innate or acquired tendencies to make yourself miserable.*

Usually, you'll make yourself miserable for really silly stuff such as: your partner was late for your birthday party; your boss thinks you have a messy desk, the book you ordered will arrive late or you can't tell jokes well, although all your friends can.

The fact is that most of us live lives of extraordinary luxury compared to the lives our ancestors lived just a couple of centuries ago. Yet we make them seem difficult and tough, *in our heads.*

How? In my experience, the number one way we make life seem hard is by *imperatively asking too much of ourselves and of life.* We think to ourselves that we must be perfect, that we must be appreciated by all, that we must get everything we want and, the epitome of all 'musts', that we must be happy.

Therefore, we make ourselves unhappy...

Learn to let go of such loony expectations and you'll see dramatic improvements in your overall happiness and well being. It's a gradual process of pinpointing the unrealistic expectations in your thinking, combating them and gradually changing your automatic thinking patterns. And as you do so, you develop more emotional and practical freedom.

Happiness will pursue you if you use the right ideas and principles to guide your life. Do what you enjoy, let go of nutty expectations and *your mind will reward you for this by triggering a good dose of happiness.* It is the mind's way of telling you that your life is on the right path.



[Eduard Ezeanu](#) is a communication coach with an attitude-based approach. He helps people put their best foot forward in communication and open new doors for themselves.

Eduard works for his own company, Social Arts, and he loves his job. He also writes on his blog, [People Skills Decoded](#).

# 9

## THERE IS A DIFFERENT WAY TO LIVE



*By Sibyl Chavis of [the Alternaview](#)*

How do you approach each day to live your best life?

By always remembering there is a different way to live.

There is always so much going on in our lives. We're always doing so much, there is a lot going on around us and things just have a way of monopolizing our attention. We can literally move through each day like a robot, going from one thing to the next, crossing task after task off our "do list", taking care of all of our responsibilities and having all of our attention completely absorbed by all the things we are doing.

Before we know it, the day has flown by and it is as if we have gone through a whirlwind. On certain days, we may not have even had the time to come up for air.

But, there is a different way to live.

We don't have to just do things the way we always have. We don't have to go through life on autopilot and get caught up in the same old routines. We don't have to stay within our comfort zone and not test our limits and what we are really capable of. We don't have to allow the people around us to push our buttons and interfere with our positive mindset. We don't have to be afraid of failing or falling down. We don't have to play a certain role or subject ourselves to labels that limit us. We don't have to have millions of things always running through our minds of all the things we need to do and take care of.

There is a different way to live.

We can choose to live in a better way. We can be totally connected to the people around us and really engage and experience things in the greatest ways. We can accomplish what we desire and watch as life unfolds for us in the most amazing ways. We can look at anything

and everything around us through the right type of lens and discover what it means to really live our best life. We can have a continual peace of mind and always feel centered and refreshed.

And, all we have to do is choose to live in this different way.

We just need to be disciplined everyday and do anything and everything necessary to approach each day in a way that really allows us to live our best life. We commit to doing things differently and perhaps in ways we may not have done them before. We throw out all of our preconceived notions, limiting beliefs, and reprogram ourselves. We are open to looking at everything around us from a different perspective and seeing things in a new way.

There is a different way to live.

## **How Do We Live in This Different Way?**

This is not something that just happens overnight with a snap of a finger, but there are changes you can make right away and you will see immediate positive results. The most important thing is that you recognize there really is a different way to live and open yourself up to living in this way.

You will discover things you need to change and do differently and it is important that you determine exactly what works best for you. However, there are some things that should definitely be a part of the plan.

### **10 Things You Should Do To Live in This Different Way:**

- 1. Ask Yourself the Tough questions.** Am I on the right track? Am I on a path that will lead me to fulfilling my dreams? Am I fulfilling my purpose? What is the one thing I have always felt I should do? It is okay and expected that you will not have all the answers, but it is still important you ask yourself these questions and look for the answers. It is important you find your way to knowing who you really are and that you discover your purpose or have committed to learning more and more until you discover it.
- 2. Find Something to Love and Appreciate Every Day.** As you move through your day, it is important you have a deep sense of appreciation and gratitude for both the little things and the big things in life. Don't just go through your day moving from one task to the next. Take notice of something great and something you appreciate. Maybe you appreciate your job, your family, your friends or the way the sun reflects off the snow. Whatever the case may be, make sure you are noticing and appreciating the things around you as much as possible.
- 3. Enjoy Yourself.** Enjoy what you are doing and pour your passion and energy into whatever is immediately in front of you. If you aren't enjoying what you are currently

doing, then find a way to enjoy something about the moment. Always find your way to having the best and most positive mindset.

4. **Release all Negative Energy and Replace it With Positive Energy.** No more complaining and no more resenting anything and anyone. Anytime you notice any type of negative energy, work to change it and see things differently. Forgive people easily, don't get caught up in other people's drama, and get rid of any negative thoughts as soon as you notice them running through your mind. It is important to have as much positive energy as you can. It is not that you always have to be excited, but there should always be an underlying sense of peace and positivity flowing through you.

5. **Unplug and Unwind.** Make sure you integrate alone time and down time into your daily routine. Don't get caught up in the whirlwind of the day and make sure you are taking good time to unplug from the world and find a great peace of mind. Make certain it is a part of your daily routine to do activities that help you unplug and unwind.

6. **Start the Morning off with Some Inspiration.** Remind yourself every morning of your amazing potential and your ability to accomplish what you want. Read inspirational books, blogs or anything else that strengthens your confidence and reminds you that you really can do anything you set your mind to. Get a jolt of positive inspiration every morning and don't begin to do anything else until you feel energized and ready to go approach your day in a great way.

7. **Focus on Giving.** Always keep it top of mind that one of your top priorities is to be giving. Whether it is giving time, money, attention or kindness, as you move through your day, be focused on how you can give to others and feel a deep sense of pleasure every time you are able to give. Maybe you smile at every stranger you pass, or help a co-worker work through an issue. Whatever the case may be, always be willing and ready to give what you can to other people and love doing it.

8. **Do the Small Things Well.** Take enormous pride in everything you do and accomplish. Every step you take is important and when you are able to do even the small things well with the utmost quality, it is amazing how much progress you can really make. Be proud and appreciate every small step you take and even the smallest sign of progress because that is how you have the best mindset and set yourself up to accomplish everything you want.

9. **Know You are Deserving of Great Things.** Realize that life is about living in a great way, accomplishing what you want, and feeling fulfilled and happy. This is your birthright and you are meant to have all that life has to offer.

10. **Let go and Let things unfold.** Realize and accept that life will unfold just as it is supposed to. Don't resent anything that happens to you or comes your way. Always look for the lesson or the message you are supposed to take away from a challenge. Have infinite patience when it comes to accomplishing things and know that everything proceeds by an orderly sequence of growth.



**Sibyl Chavis** writes about the importance of seeing life from a different perspective and discovering alternaviews. She is an avid reader and blogger and has spent her career as an executive in the legal and human resources fields. As a human resources professional, she has many years of experience counseling, coaching and helping other people realize their potential. Visit her blog at [www.alternaview.com](http://www.alternaview.com)

# 10

## OF MOONBEAMS AND STARS



By Lance Ekum of the [Jungle of Life](#)

*And moonbeams are dancing with the stars...*

Life is all sorts of amazing! In fact, it is hard for me to fully grasp just how amazing it all is.

I have a body that is more intricately assembled than any machine.

I have a brain that can absorb and learn more than any computer.

I have a heart that keeps my body alive, and is still so much more. I have a heart that cares for others, feels hurt, celebrates joy, and loves.

I am surrounded by amazing individuals every day – individuals who are just like me, and yet are so completely unique and special in their own way.

You are this, also.

Isn't that just so amazing!

*And moonbeams are dancing with the stars...*

Our world is amazing! I'm amazing! You're amazing!

How do I keep this belief with me?

Perhaps a good place to start is with those moonbeams and stars.

*And moonbeams are dancing with the stars...*

Those early morning hours, a time before the sun has shown her glory. The moon and the stars still lighting up the horizon. This has become my *“place to begin anew”*, to begin anew each day.

So, what does that look like? And what difference does it really make?

*“A happy life must be to a great extent a quiet life, for it is only in an atmosphere of quiet that true joy dare live” ~ Bertrand Russell*

Solitude.

Do you find moments in your day for quiet? Or does your day begin in a rush only to continue that way throughout the moments that move you toward your evening? Rinse and repeat.

What will I be remembered for one hundred years from now?

Where am I getting to, as I traverse my days?

Lots of questions. And perhaps what is most important is not what I share here, as much as it is how YOU choose to answer these questions. Or maybe even more important than that - at a deeper level, are you asking yourself these questions?

See, we have choices. Every one of us has a choice, in the moments of our days.

Are you choosing to do what you've always done? Are you choosing to ignore the whisperings of your heart? Are you choosing to “settle”? Are you choosing to conform?

Or.

Or, are you choosing to listen to your soul? Are you choosing to seek that which is within you? Are you choosing to let “you” shine, even if that's not what people might expect? Are you choosing to live?

The choice ***IS*** yours.

I've gotten sidetracked, though. Let's get back to those moonbeams...

I begin my days with moments of silence. Sometimes that is a form of meditation. Sometimes it is some moments of affirmation. Sometimes it is peaceful music.

Does any of this really make a difference? In the grand scheme of things, do the few minutes I take to quiet my being, do these minutes really matter? Does that much really change because I've taken some time to just breathe?

It is from here that I speak from my own personal experience. Life IS a journey. And part of that journey is not fully knowing what it will become. There's this thing, though. There's this thing I'll call peace. It could also be called joy, or knowing, or presence, or connection, or...

*"He who lives in harmony with himself lives in harmony with the universe." ~ Marcus Aurelius*

Peace. Five little letters. Those five letters, though, they mean so much. When I feel an inner peace, I am more in connection (outwardly) with the world around me. The moments I've taken to quiet my being, they reach outward.

And that's the beautiful part of all of this. When I am truly in this place, where I take that time to be still, it's not just for me. Sure, in that moment – it is for me. And for me, I feel that deeper sense of inner peace. It doesn't stop there, though. That inner peace reaches outward, and in beautiful ways, it touches other lives. It connects... it loves....

### **Moonbeams and Stars**

Perhaps we are all a little bit of this...moonbeams and stars. We all shine in our own very magnificent ways. Maybe that shine isn't noticed all the time (just like those stars and moonbeams that are there, except we don't always notice them). It IS there though. It is within each of you.

You are a star! You are a moonbeam!

When you make time, regularly, to quiet your soul...the light within you will just shine in such pure and bright ways!!

The moonbeams are there...within you...



**Lance Ekum** is a T-shirt wearing guy, living in Wisconsin with his wife and 3 kids. For fun, he throws popcorn in the air and tries to catch it in his mouth. He's expecting a call from the Olympic committee as soon as popcorn tossing is officially accepted as an Olympic sport. If all that popcorn weren't enough, he also authors the [Jungle of Life](#) blog - writing inspirational stories about this life we are living, and our journey along the way.

# 11

## THE TOP 4 VALUES TO FLOURISH AS A HUMAN BEING



By Joe Wilner of [Shake off the Grind](#)

If you had to pick just a few values that were most important to living your best life, what would they be?

Really think about it, there are so many important values and character traits to help us live efficiently and effectively, but what is at the top of the list for living a life of happiness, fulfillment, and meaning?

When it comes to living a great life there are four values or principles that stand out as primary areas of importance to me. These are values that I find essential to becoming a better person and reaching to greater heights. I focus on these in my life to provide direction toward my purpose and freedom from self-limitations.

By focusing on the values you want to live by, it provides a framework for decision making, and offers a clear identity when confronted with adversity.

**The values I live by are: *self-acceptance, personal growth, inner-harmony, and unconditional love.***

I strive to cultivate these daily and remember the importance of these in helping me to continue improving as a person.

### **1) Self-acceptance**

Self-acceptance is the key for living a life of potential and significance. If we can't accept who we are, we'll never be happy, and regardless of accomplishments, we'll never feel successful and fulfilled.

Feeling successful, significant, and happy is something that comes from within.

Accepting ourselves is a prerequisite for being able to offer love and appreciation to others as well. We must feel okay, not necessarily satisfied, but okay, with whom we are and where we are at the moment, in order to have the attitude, confidence, and courage to pursue greater goals and aspirations.

Self-acceptance comes from staying grounded in the present and knowing that we are truly valuable to the world. Learn to have compassion for yourself as you would a baby or a pet. Everyone deserves to be treated with dignity, no matter who they are.

Strive to be better, but don't always be your own worst critic.

***Self-acceptance goal:*** *Make it a priority to wake-up and start your day off by appreciating who you are and what you have to offer the world.*

## **2) Personal growth**

I constantly feel the desire to learn and expand myself as a human being. It's invigorating to learn new things and apply these in my life. I'm a life-long learner, which is about creating a personal development plan, seeking growth and expansion, and having a drive to learn more and experience more.

A personal development plan provides the tools to improve every day and to keep up with the fast paced, ever changing world we live in. Without personal growth, you will be left behind.

### **Make a plan for personal growth by:**

- Reading at least one book every two weeks
- Listening to audio books
- Attending seminars
- Reading magazines within your niche
- Reading blogs within your niche
- Finding a mentor
- Trying something new to build skills
- Starting a [Meetup](#) group in your community
- Volunteering your time for more experience
- Applying new skills and knowledge whenever possible

Self-growth also comes from stepping outside your comfort zone and experiencing new things. Growing as a person is how we discover more about who we are and what we are meant to do here on earth.

I try to engage in things that will help me expand and feel more alive. Never cease having a curious and inspired nature. Look for ways to grow every day, and be prepared to take hold of new opportunities that present themselves.

***Self-growth goal:*** *Do something today that you have always wanted to do but felt nervous or fearful about. Start pushing past your fears to liberate your true potential.*

### **3) Inner-harmony**

Inner-harmony is my term for feeling at peace. This is because inner-harmony comes from balance, congruence, and being true to ourselves.

Inner-harmony hinges on integrity. We may strive for lofty goals, but at the same time we need lofty principles that keep us grounded. Maintaining our principles keeps us free from toxic shame and guilt that can erode our health and well-being.

Inner-harmony is feeling good about what you do.

This also relates to living a balanced life. The main areas to focus on for balance are: emotional, mental, physical, and spiritual (EMPS) domains. Finding a balance between these areas provides stability and consistency to continue forward in life.

There is a spiritual component to having inner-harmony, which relates to having a connection outside of ourselves. Begin your day by communicating with your creator and connecting to whatever spiritual discipline you follow.

If you have inner-harmony, you will see the world is on your side and gain a trusting relationship with yourself and others. Inner-harmony leads to feeling whole and complete, which I believe can increase optimism and hope, two key ingredients to success.

***Inner-harmony goal:*** *What areas in your life could use some work to have more harmony and balance? What could you start doing today?*

### **4) Unconditional Love**

Unconditional love is the highest goal to attain in order to live a great life. All iconic figures in history focused on love and peace.

They knew that there are basically two emotional states that swing on a continuum – ***love and fear.***

When we live in fear, we are out of touch with the love that is naturally within us. Learning to live in a loving state requires we seek a higher power and develop faith in the world and ourselves.

Love is what can help us inspire, empower, and activate others. Love can help us be a change agent in the world. There is no more powerful emotional energy than that of love.

No matter whom someone is or the position they hold we must learn to treat them with dignity and loving kindness. When we treat others with respect, kindness, and compassion they are more likely to treat us this way in a mutual process of unconditional positive regard.

Everyone feels better and gets their needs met.

Make note that self-acceptance is required to have unconditional love. We must love ourselves if we are to have unconditional love for others. Start to love yourself and see this love extending to others.

***Unconditional love goal:*** *Recognize that everyone is a creation of God. Regardless of external behavior and appearance, focus on the spiritual nature in others, and work toward seeing the best in them.*

### **Live by your values**

I view these traits as staples to living a thriving and flourishing life. There are many values to consider for this list, but these four provide a comprehensive, inclusive, and expansive view of what it means to live a magnificent life.

Learn to discover what you value most and how you can approach each day feeling enlivened and empowered to do anything your heart desires.

If today was your last day how would you want to feel?

Start focusing on these as priorities in your life and make an effort to instill them in your daily habits and interactions.



**Joe Wilner** is a life coach, educator, and writer who helps inspire and empower people to find their purpose and meaning. He manages the personal development blog [Shake off the Grind](#), where he helps people gain confidence and empowerment to push past life's obstacles, and overcome self-limitations. Connect with Shake off the Grind on [Twitter](#) and [Facebook](#).

# 12

## CREATE YOUR LEGACY FOR THE WORLD WHILST YOU CAN



By Arvind Devalia of [Make It Happen](#)

Are you clear of where you are going in your life and what legacy you are creating?

Today we are all so busy with our daily struggles that it's so easy to lose sight of the big picture.

Too often we forget what's really important in our lives and before we know it, our life has just gone by. We then wonder what happened to our childhood dreams and all those things we had promised we would do.

Over the years I have come to my own life philosophy which today drives my work and my life. And my work is now based on making it happen for others so that they get the best possible life as well as making the world a better place.

I have been on quite a journey in the last few years and often I reflect on how far I have come. Gone is the hyper, stressed out, manic Arvind to be replaced by a calmer, more humane and kinder human being!

I am delighted to share here some of my learning's along the way.

### **How my journey started**

Before I got into the world of writing, self growth and personal development, I worked for many years in the world of IT and Marketing.

My life changed dramatically in 2000 after a visit to help out at a charity school - Nirvana school in Pondicherry, South India. Around that time I was going through some major life changing events and spending time with the children proved to be life changing.

Upon visiting an orphanage, for a few seconds I really connected with grace, source, and god – whatever you wish to call it.

I learnt what it was like to be human when I came across this little [orphan girl in a Catholic hospital](#). Time seemed to stand still and my life was never the same again.

After I returned to London, my life changed dramatically on all levels and when I came across the concept of life coaching, it felt like coming home.

Since that time, I have written four books, been involved with some amazing projects and met some wonderful people. And I feel I am only just getting going.

## **Giving and Receiving**

My first book came about as a result of running a charity event at my local coffee shop. This led to a column in my local newspaper, and those articles provided the content for my first book.

Giving is all about doing things for others without any expectations of anything in return. But inevitably the way the universe works is that you get a lot more back!

To create the sort of life you want, you will be helped by many different people. You cannot easily do it on your own - there will therefore be a lot of giving and taking, supporting each other and teamwork.

You need no reason to help others – and this is the sort of attitude we can all bring in our lives. So for example, if you are a musician, then seek out opportunities to help other up and coming musicians.

You have a choice in how you behave towards others - you can be generous, considerate and caring to the people around you or you can be selfish, self centered and always put your own interests first.

For many people, giving is the easy part and it is in receiving that we can close down or refuse the gift. So it is most important that you are open to receiving, because if everyone was giving, and no one was receiving, who would you give to?

## **Come from a place of serving**

When you come from a place of wanting to serve and to be of assistance, then you always have something to do – and as always you get so much more back. The more you give, the more you get back, especially when you are not expecting anything back.

To stop wanting first before serving, we first have to switch off our inner, selfish voice which is chattering incessantly and thinking about ourselves!

## **Always look for opportunities to contribute and connect.**

Once we realize and accept that we are all one, and part of a bigger picture, we can really focus on serving. And the more you give, the more you get back anyway, so it is a win-win situation.

Our society is conditioned for everyone to want first before serving, but I am beginning to see hopeful signs of change worldwide. Slowly but surely more and more people are waking up to our universal connectivity.

We all just have to remember the phrase – *“All for one, and one for all”*.

## **Create your legacy for the world**

Being “successful” and living your dream life means doing what you really love doing, having the resources to live life fully and having great relationships with everyone in your life.

That’s not all though – you must do something that makes some lasting contribution to the world around you.

So the key is to have a big goal to leave a legacy for the world.

By legacy, I do not mean something big or something material (even though that could be part of it) but something by which the earth is a better place from you having walked on it.

For example, if you are a musician you could set a goal to bring pleasure to a lot of people through your creativity. Based on your success, you could also build a foundation to help the needy.

At the same time, your legacy could simply be having made a few people happy for a short time – it doesn’t have to be world shaking.

To create your legacy, some of the necessary ingredients are as follows:-

**1. Be Determined** - You must have a strong desire to go out and become what you want to be. Have a clear intention about what your life is going to be about and what you want to do with it. Develop a thirst and hunger to succeed come what may.

**2. Believe in yourself** – Know who you are and focus on your strengths. Remember that there is no one else like you and never will be. You are unique!

**3. Focus** - No opportunity waits, so keep going and remain focused on your task and long term goal.

**4. Concentrate** – This is different from focus, but just as important. Focus is where you are putting all your energies into one particular task. But it is the level and intensity of your focus, i.e. concentration that will determine the quality of your output.

**5. Be Single-Minded** – Doing whatever it takes to succeed. A lot of people say to me that they “tried” their best and then settle for not achieving their goals and not getting the success they deserve. I say to them – don’t just do your best, do **whatever** it takes.

By adopting such a frame of mind and approach, you will bring an entirely different energy and focus to creating your legacy.

## **Find some mentors**

Mentoring is all about an experienced person sharing with a less experienced person. The power of having mentors in your life means that you don’t have to learn everything yourself the hard way. And you also don’t have to make the mistakes they did!

I have been blessed and privileged to have had many amazing mentors in my life. My biggest mentor in my life has been Gandhi whose life and message is something I incorporate in my work and the way I live my life. As Gandhi said:

***“Let your life be your message”***

So look for mentors who have already walked the road you are following. Search for and seek out successful people in your field and emulate what they are doing. For example, find a coach who is already proven and successful at helping others and follow their methods and teachings.

At the same time, in my daily life I always remind myself that every interaction with another human being is a gift and an opportunity for growth and contribution. Everyone I meet is an amazing teacher.

## **Get accountability**

Set a goal that excites you and also stretches you at the same time. Then get accountability from someone who wants you to succeed as much as you do. They have to be strict and firm with you. The phrase “tender love” comes to mind here.

Also, motivate yourself with a reward in mind and visualize the end result of your achieving success with your goal. Think about the impact you will be making on the world through your legacy.

To inspire you on your journey here are some powerful words from Marianne Williamson:

### ***Our Light***

*“Our deepest fear is not that we are inadequate.*

*Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us.*

*We ask ourselves*

*Who am I to be so brilliant, gorgeous, talented, fabulous?*

*Actually who are we not to be?*

*You are a child of the universe...*

*Your playing small doesn't serve the world.*

*There is nothing enlightening about shrinking so that others won't feel insecure around you,*

*We are all meant to shine, as children do,*

*We are born to manifest the glory of God that is within us.*

*It is not just in some of us; it is in everyone.*

*And as we let our own light shine, we unconsciously give other people permission to do the same.*

*As we're liberated from our fears, our presence automatically liberates each other.”*

To end, I would like to summarize 7 beliefs which underpin my life philosophy:

## **My 7 Beliefs to Build Your Life and Your Legacy**

*1. We can all have abundant, peaceful, healthy and happy lives.*

2. *We are here to make the most of what we have and leave the world a better place than we found it. This includes creating financial abundance for us, living healthy lives and having loving relationships.*

3. *Everyone has a right to live with dignity and respect.*

4. *There is no limit to our ingenuity in improving the lives of our fellow human beings – we just need the will and desire to do so.*

5. *Ultimately we all want to live peaceful lives of contribution and making a difference to others in our own small or big way.*

6. *We are here for a short time on the earth and it is up to each one of us to create a lasting legacy for those who will follow us.*

7. *Though we may face challenging and at times seemingly impossible odds, we will ultimately prevail and the world will be a better, more just and safer place!*

My writing and coaching work is focused on putting the above beliefs into practice and bringing my message and ideas to many more people.

You too can go out into the world and create your legacy and your own vision of your life.

You are ready to discover and live your deepest truth. What's stopping you?!

Thank you and good luck

With love, gratitude, and blessings.



**Arvind Devalia** is an author, blogger and life-coach on a mission to make the world a better place. He does this through his prolific writing, books, coaching, workshops and speaking. His two defining books are "Get the Life you Love" and "Personal Social Responsibility", available on Amazon.

Read Arvind's inspiration blog at <http://www.ArvindDevalia.com/blog>

# CONCLUSION

## CREATE YOUR PHILOSOPHY



*By Joe Wilner*

I hope you enjoyed the wisdom and insight offered through these essays. Our life philosophy is of crucial importance to the life we lead, and it will dictate the many paths we take and decisions we make. It will influence who we spend our time with, what we do for a living, the general environment we live in, and what we believe the purpose of life to be.

All in all, our life philosophy will determine the type of life we live, and the level of success and significance we reach. There is no right or wrong way to live, but there are principles and time-tested wisdom that makes navigating life easier, and which can offer us greater possibilities and potential. Hopefully the advice offered in this book prompted some important contemplation.

Begin to compose your own personal philosophy for success and significance. These are two very different concepts. Uncover how you define success and what you desire to achieve. Determine what will give you a feeling of significance and how you can make a difference in the world.

What will provide you inspiration, motivation, meaning, and passion on your life journey?

How do you want to live your life and be remembered?

What can you do to start living the greatest life possible today?

These are valuable questions to consider on the way to discovering your great life philosophy.