

A photograph of a man surfing on a wave. The man is shirtless, wearing dark shorts with white stripes, and is riding a white surfboard. He is positioned in the center-left of the frame, leaning back as he catches a wave. The water is a vibrant blue, and white foam is visible around the surfboard. The background is a deep blue sky.

# 10

## Habits

# Make The Best Of Life



**Imagine what you could accomplish if you could simply get yourself to follow through on your best intentions no matter what. But with sufficient self-discipline, it's a done deal. The pinnacle of self-discipline is when you reach the point that when you make a conscious decision, it's virtually guaranteed you'll follow through on it. Here are 10 habits that you must know :**



# Habit # 1 : You must make the best choice all your life

Many of us have many goals and aspirations. In life we will be tempted with many choices. We never know which ones are right until we try but we should always aim for the best choice!! Choosing wrong is no disaster but not choosing at all is a tragedy!! Trust yourself, trust your choices, begin to work, and make the best of them!!



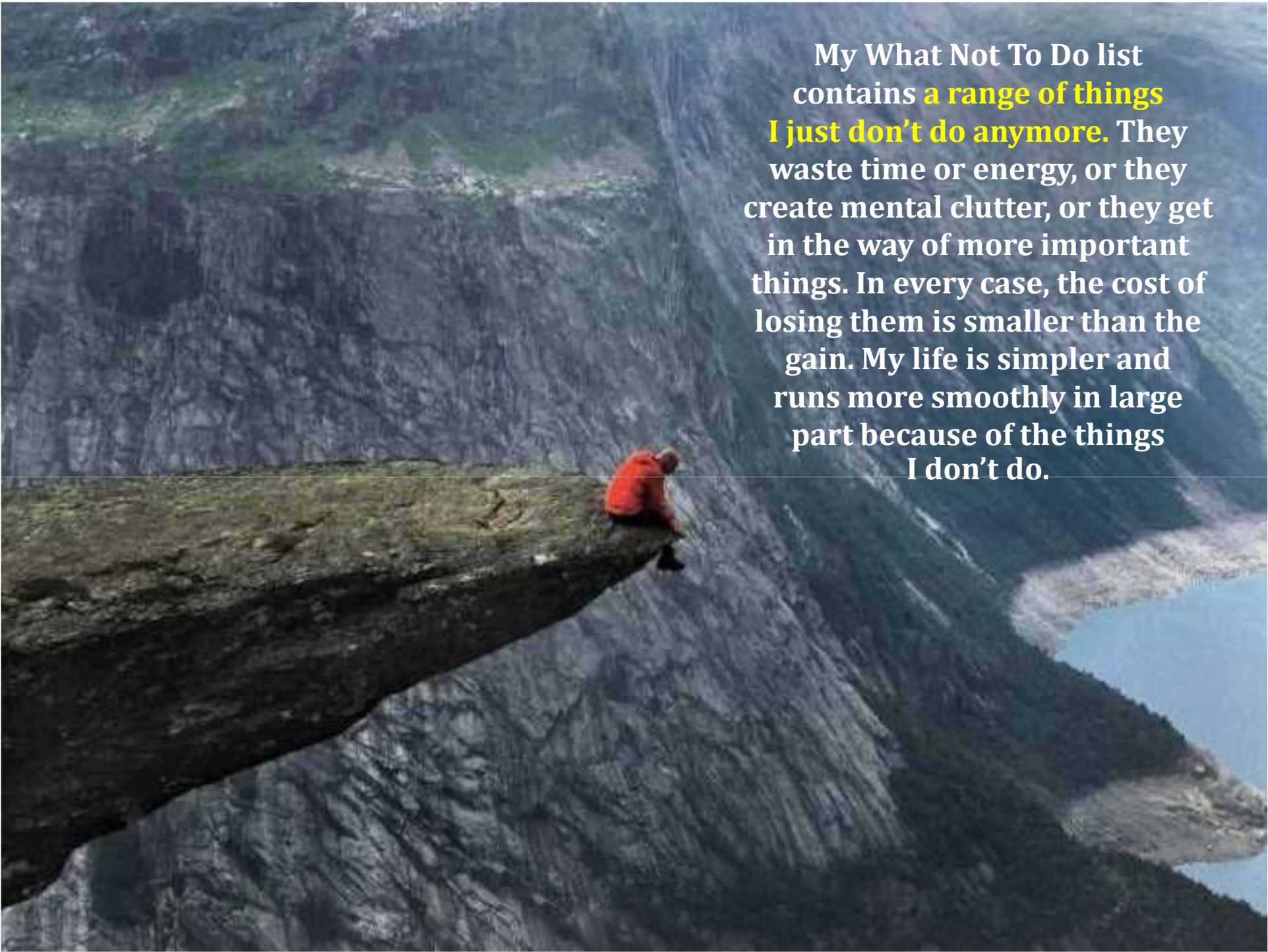


Make sure that everything you do  
and every decision you make is  
for the benefit of your dream and  
aspiration! Don't veer off your  
course but **don't be afraid to take  
a detour** if it will lead you  
to your destination!!

## Habit # 2 : Simplify your life : what 'not' to do

To make decisions in advance. If you already know what you choose not to do, you can save yourself considerable time and mental energy every time a question comes up. By having a What Not To Do list, you pre-make entire categories of decisions. Putting a line through choices that don't work for you, or that feel like less than the best use of your time, can be wonderfully liberating.



A person wearing a bright red jacket is sitting on the edge of a dark, rocky outcrop that juts out over a vast, deep canyon. The canyon walls are steep and covered in green vegetation. In the distance, a body of water is visible at the bottom of the canyon. The text is overlaid on the right side of the image.

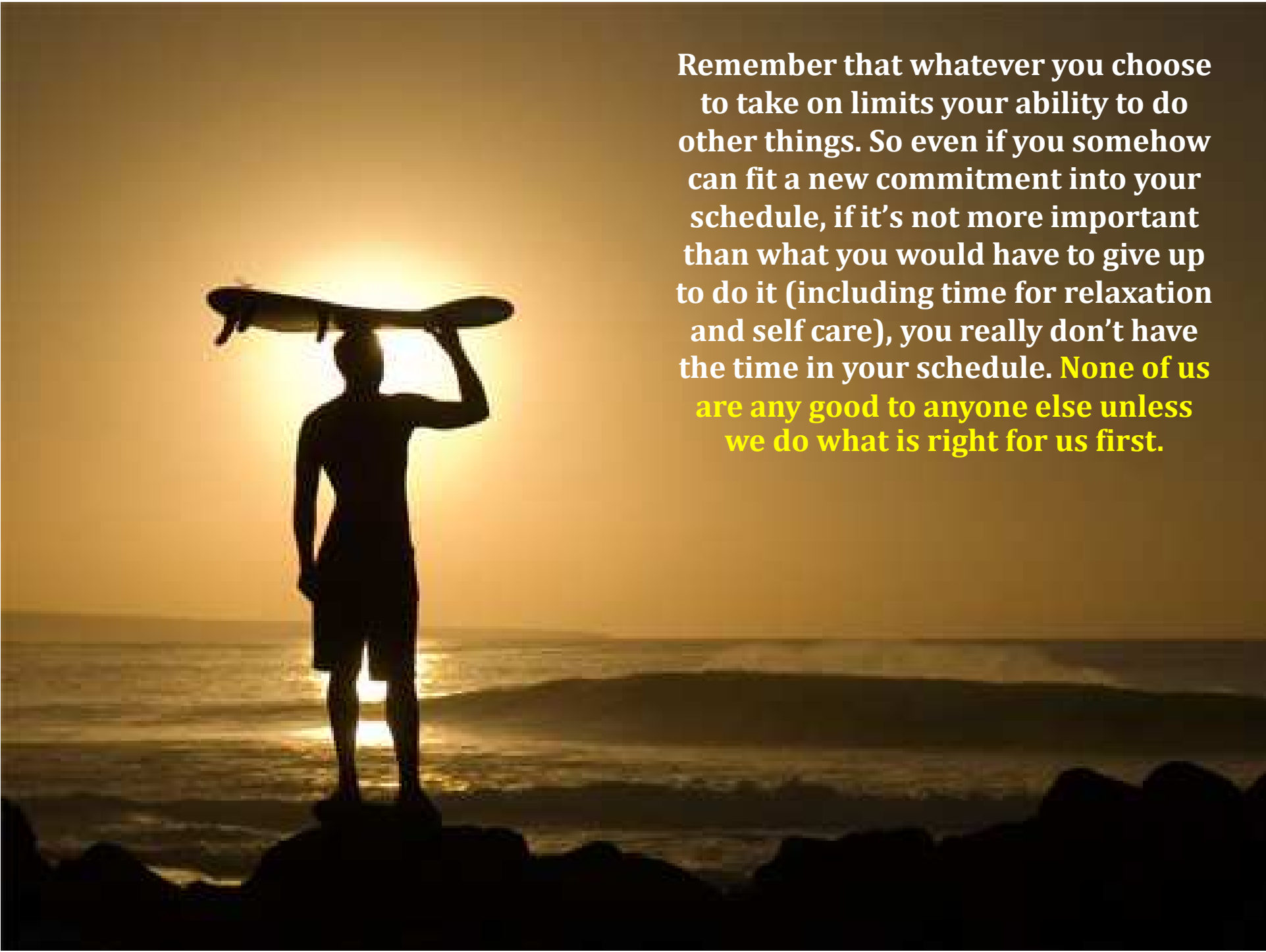
My What Not To Do list  
contains **a range of things  
I just don't do anymore.** They  
waste time or energy, or they  
create mental clutter, or they get  
in the way of more important  
things. In every case, the cost of  
losing them is smaller than the  
gain. My life is simpler and  
runs more smoothly in large  
part because of the things  
I don't do.



## Habit # 3 : Don't always say “yes”, learn to say “no” to life

With today's busy schedules, one way to pare down your schedule is to get good at saying no to new commitments. Whether you say "yes" instead of no out of guilt, inner conflict, or a misguided notion that you can "do it all," learning to say no to more requests can be one of the biggest favors you can do yourself and those you love. It helps reduce stress levels and gives you time for what's really important.



A silhouette of a person standing on a rocky shore, carrying a surfboard on their head. The person is facing away from the camera, looking out at the ocean. The sun is low on the horizon, creating a bright, golden glow that reflects on the water. The sky is a mix of orange and yellow, and the ocean has small waves breaking. The person's shadow is cast on the rocks in front of them.

Remember that whatever you choose to take on limits your ability to do other things. So even if you somehow can fit a new commitment into your schedule, if it's not more important than what you would have to give up to do it (including time for relaxation and self care), you really don't have the time in your schedule. **None of us are any good to anyone else unless we do what is right for us first.**

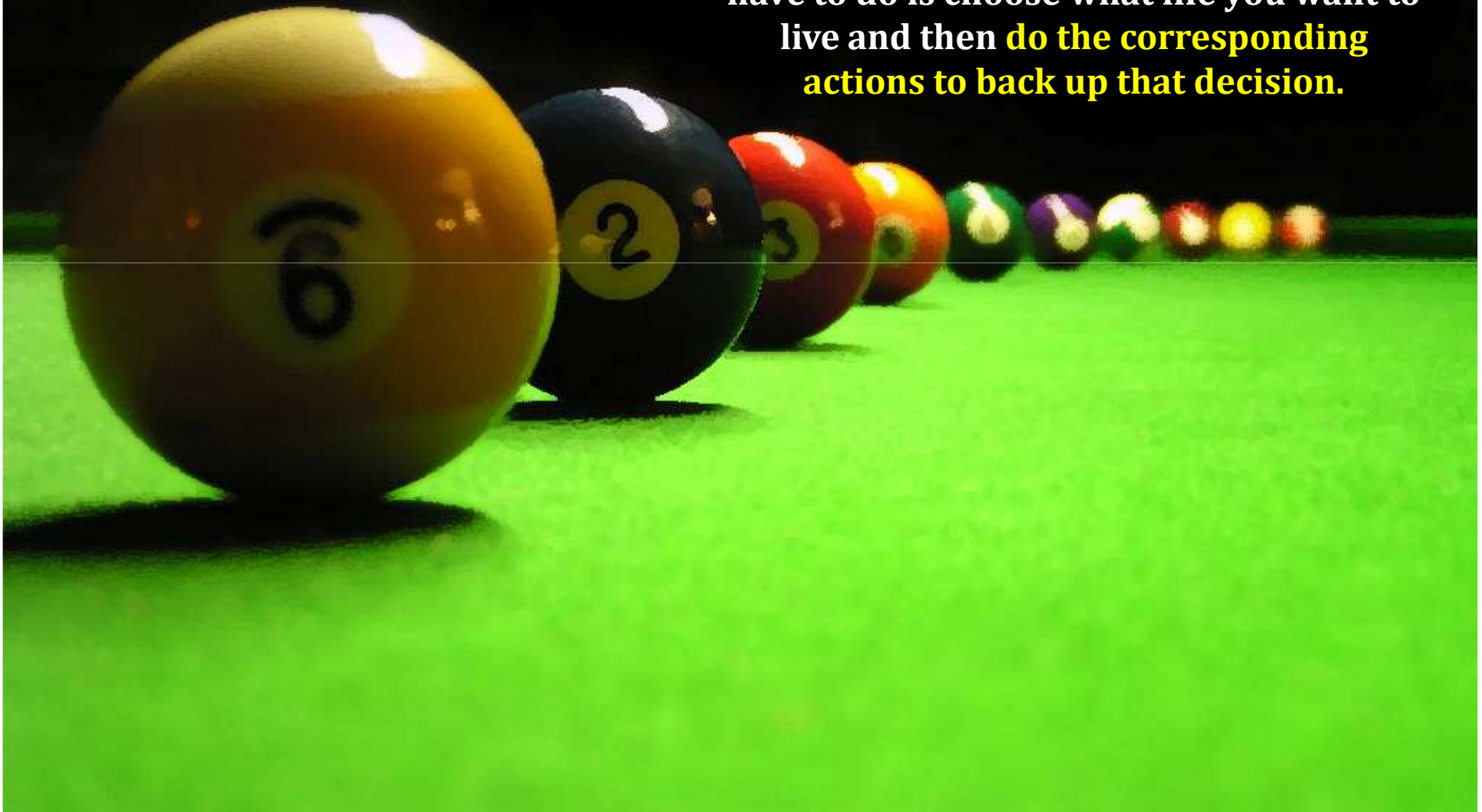


## Habit # 4 : Choose the best answer out of all “yes” of your life

So what life do you want to live? Do you want to live a better life or are you satisfied with your current situations? If you do want more out of life you have to realize that the decisions you make today will affect the life that you will have tomorrow. Kahlil Gibran once said, 'We choose our joys and sorrows long before we experience them.'



Remember that everything has a cause and affect in your life. You are where you are today because of the choices that you made yesterday, last month, last year, and even 20 or 30 years ago. Now what you have to do is choose what life you want to live and then **do the corresponding actions to back up that decision.**



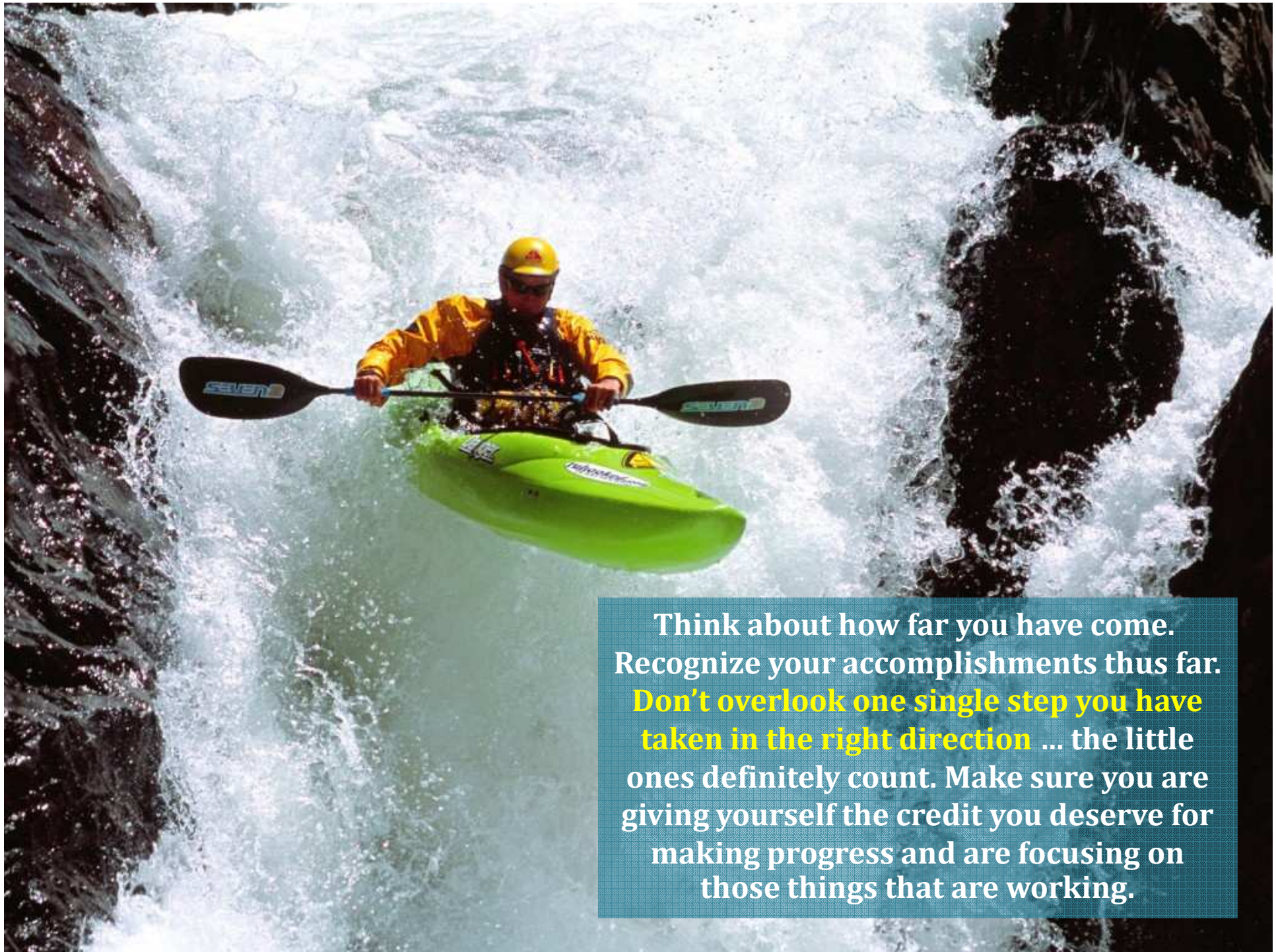


## Habit # 5 : Keep your life moving in the right direction

One of the most important things to do is to tap into your inspiration and keep the faith that you will accomplish what you want. You may not be able to see a lot of tangible signs of your future success. You may be feeling a little worn down. You may be beyond tired. But, you can choose to focus your mind and do things that will inspire you to keep going.







Think about how far you have come. Recognize your accomplishments thus far. **Don't overlook one single step you have taken in the right direction** ... the little ones definitely count. Make sure you are giving yourself the credit you deserve for making progress and are focusing on those things that are working.





"Success means having the courage,  
the determination, and the will to  
become **the person you believe  
you were meant to be**"

-George Sheehan

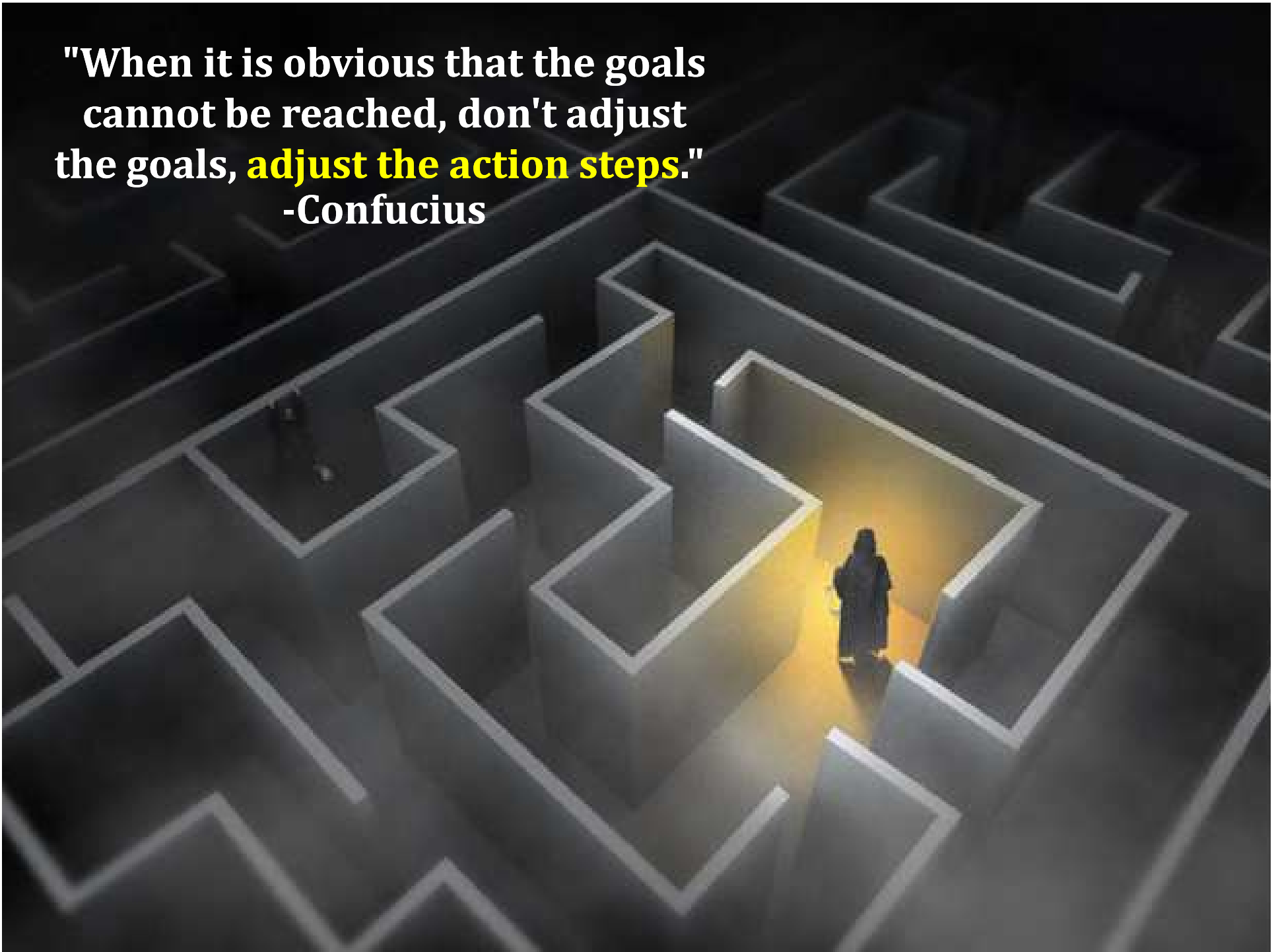
## Habit # 6 : Always quit the wrong paths, select the best path

**Winners never quit and quitters never win, right? Wrong! Winners quit all the time. Winners quit the things that aren't working or the things that won't pay off in the long run. They move on to where they can be their best. Perhaps the best in the world. Winners quit more effectively. Quit the wrong stuff, stick with the right stuff. Being the best is the best place to be.**





"When it is obvious that the goals  
cannot be reached, don't adjust  
the goals, **adjust the action steps.**"  
-Confucius

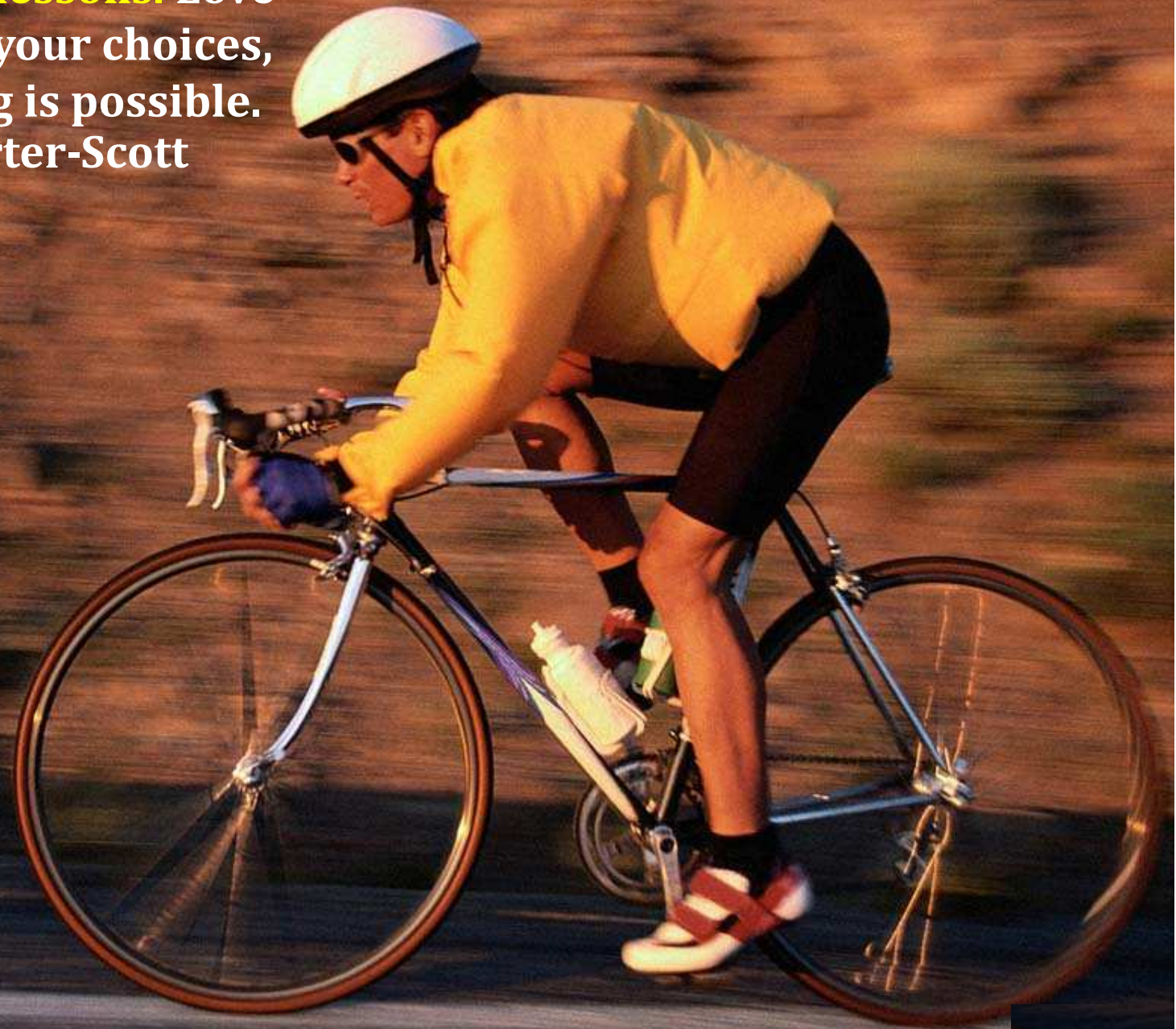


## Habit # 7 : Let go of the past, but don't forget the lessons

Life is all about risks and it requires you to jump. Don't be a person who has to look back and wonder what they would have or could have had. No one waits forever. Don't let yesterday's old problems ruin your new today. Forget the pain. But don't forget the lesson. Don't repeat your mistake. Changing your perspective is a decision that you need to make to be able to live a happy and fulfilled life.



Remember, **there are no mistakes, only lessons.** Love yourself, trust your choices, and everything is possible.  
-Cherie Carter-Scott





## Habit # 8 : Don't forget the control part of your life

To take control of your life is to take responsibility for yourself and for every area of your life. It means being connected with your values, your vision and to set meaningful goals for yourself. When you do, you become more productive, more optimistic, able to solve problems more easily and ultimately have less stress in your life.



A woman with dark, curly hair and a large red bow is sitting on a light blue floor. She is wearing a black and white plaid dress with a sheer white skirt and red high-heeled shoes. She is holding a thin white string in her right hand, which is extended towards the right side of the frame. The background is a solid light blue.

Lead = do the right thing,  
manage = do the thing right,  
control = **keep the thing done right.**

Each day you have the ability to make the choice to take control of your life, or to let it control you. You can either be proactive, or you can let circumstances call the shots.



## Habit # 9 : You must act now!!! Don't procrastinate

We all encounter postponements that keep us from doing what is critical for our success. We cannot always control what happens to us but we can always exercise control over how it will impact us. We do not have to let delays defeat us. We don't have to give into these energy suckers and become a victim of procrastination. So, are you ready to act now?





"I know what to do. I recognize the benefits of doing it. I understand the negative consequences of not doing it. I have the competence and resources to do it. **But I still don't do it.**"



"It's weird...you know the beginning of something great  
is coming, but you want to hold on, just for one more  
second...**just so it can hurt a little more.**"

-Unknown



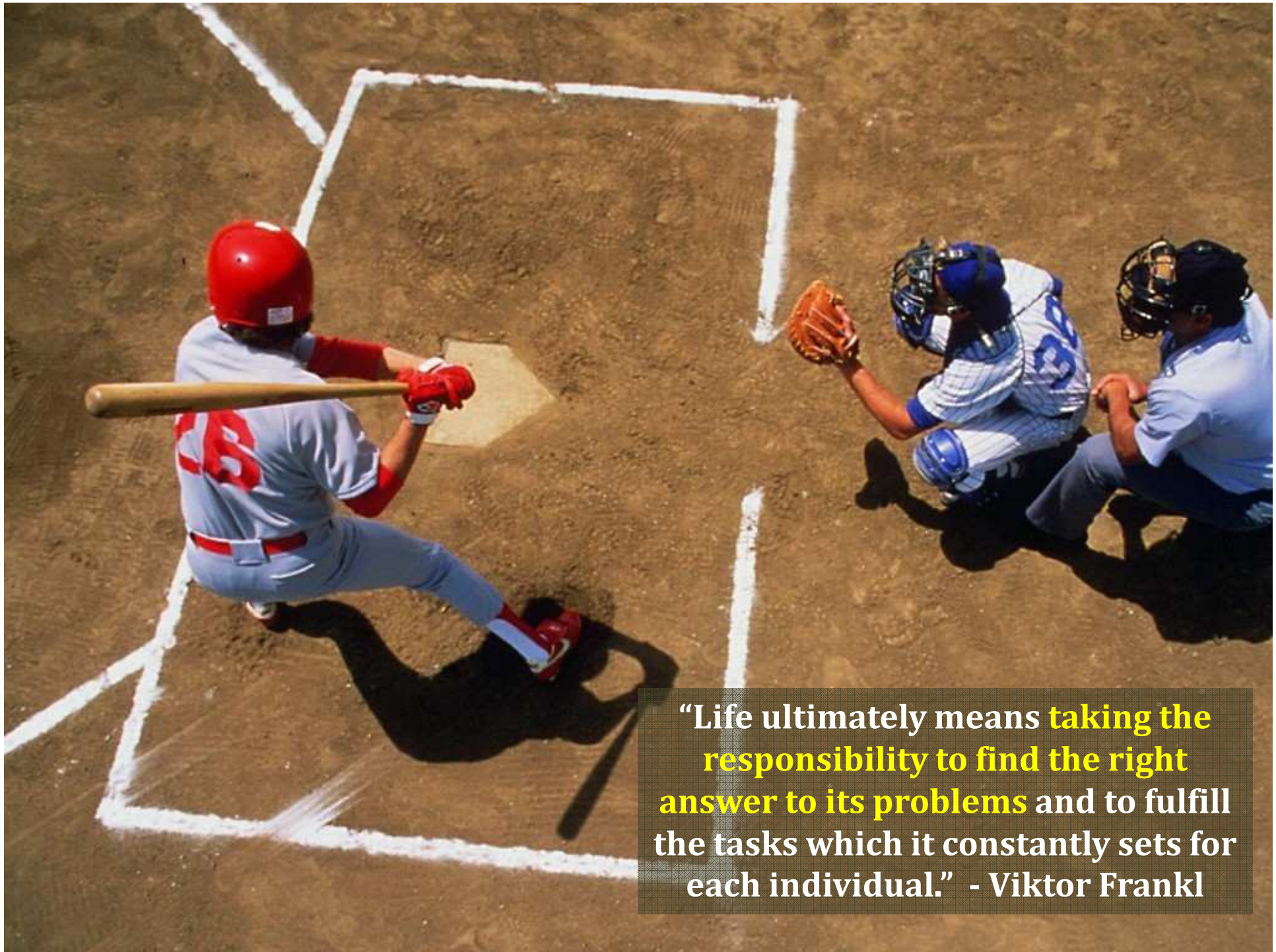


## Habit # 10 : Choose the best response out of all acts

How you choose to respond each moment to the movie of life determines how you see the next frame, and the next, and eventually how you feel when the movie ends. We human beings have free will. We can choose how we respond to the things that happen to us. We can choose our attitude. Successful people choose to respond positively to the negative events in their lives with positive attitude.

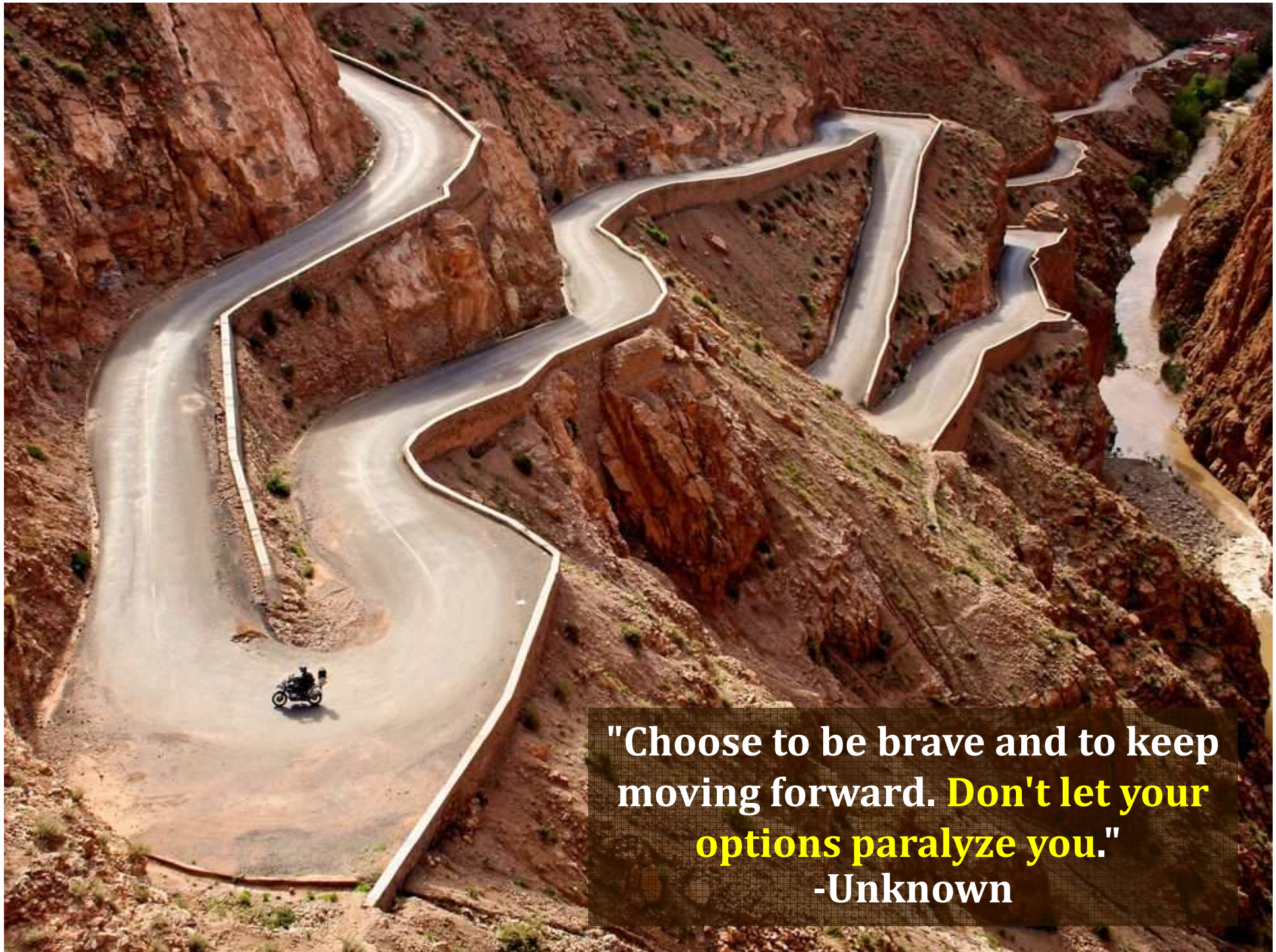






“Life ultimately means **taking the responsibility to find the right answer to its problems** and to fulfill the tasks which it constantly sets for each individual.” - Viktor Frankl





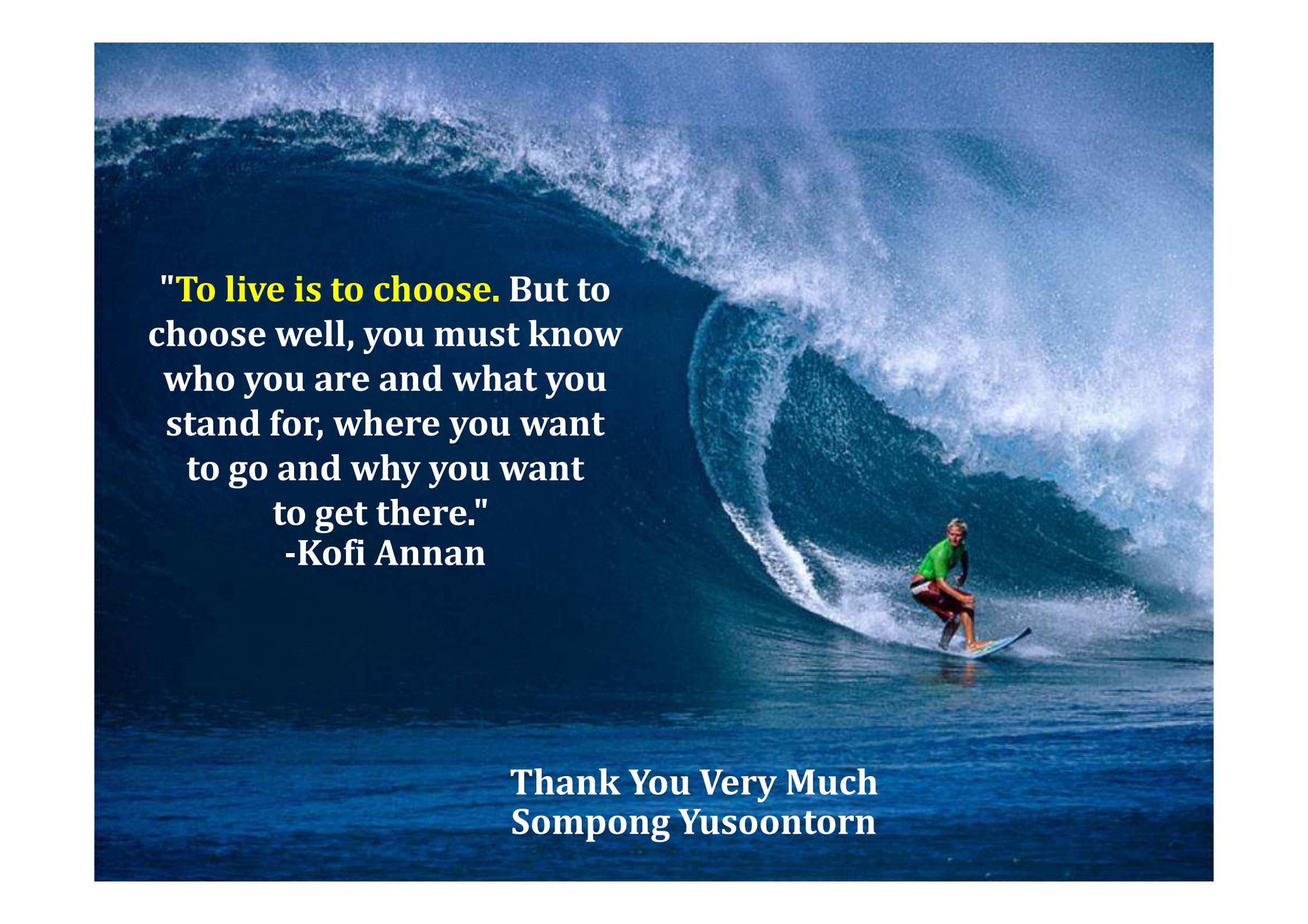
"Choose to be brave and to keep moving forward. **Don't let your options paralyze you.**"  
-Unknown



If you're very undisciplined right now, you can still use what little discipline you have to build more. The more disciplined you become, the easier life gets. Challenges that were once impossible for you will eventually seem like child's play. Simply look at where you are now, and aim to get better as you go forward.





A full-page background image of a surfer riding a large, curling blue wave. The surfer is wearing a green shirt and is positioned on the right side of the frame, riding the base of the wave's face. The wave is a deep blue color with white foam at the crest. The sky is a clear, pale blue.

**"To live is to choose.** But to choose well, you must know who you are and what you stand for, where you want to go and why you want to get there."  
-Kofi Annan

Thank You Very Much  
Sompong Yusoontorn