

10

Ways



Feel Good About Life

Learn to see yourself being successful at anything!!!

Feeling good about your life involves "making things happen". Seeing yourself being successful -at anything! - builds the blocks of confidence. When you build confidence with things you do well, the next time you are faced with a difficult task, you have effectively taught yourself that you can handle it. Count those successes! Here are 10 Ways To Feel Good About Your Life:

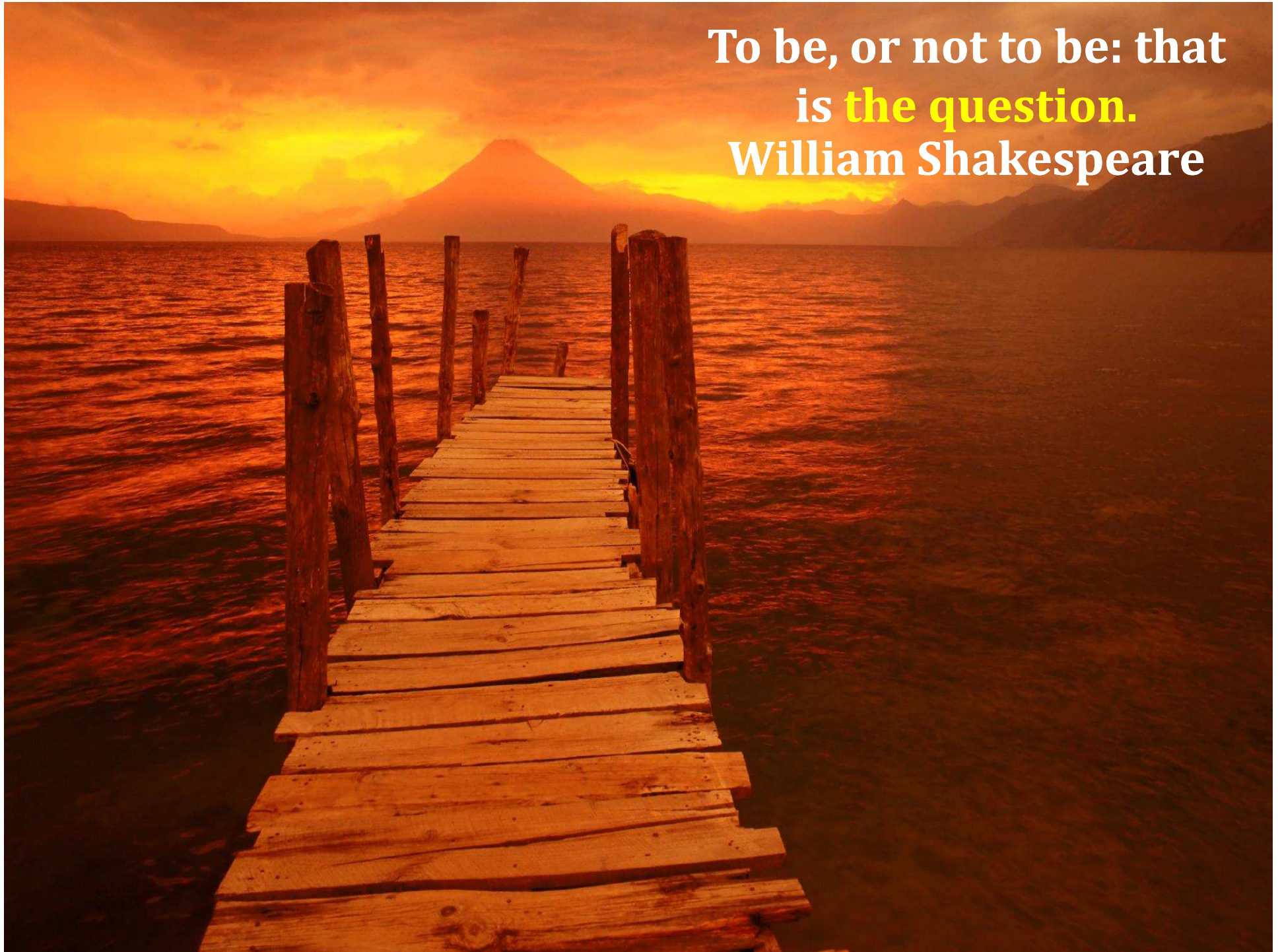


Way # 1 : Never stop questioning.

Every time you feel frustrated with a task, ask yourself, "How does this task fit in with my ultimate goals?" "How can I do this better, faster, easier, simpler, and even more fun?"



To be, or not to be: that
is **the question.**
William Shakespeare



Way # 2 : Don't give up on life.

Be interested and curious about yourself and about others. Don't assume that's "just the way it is". Look for the choices behind your results.

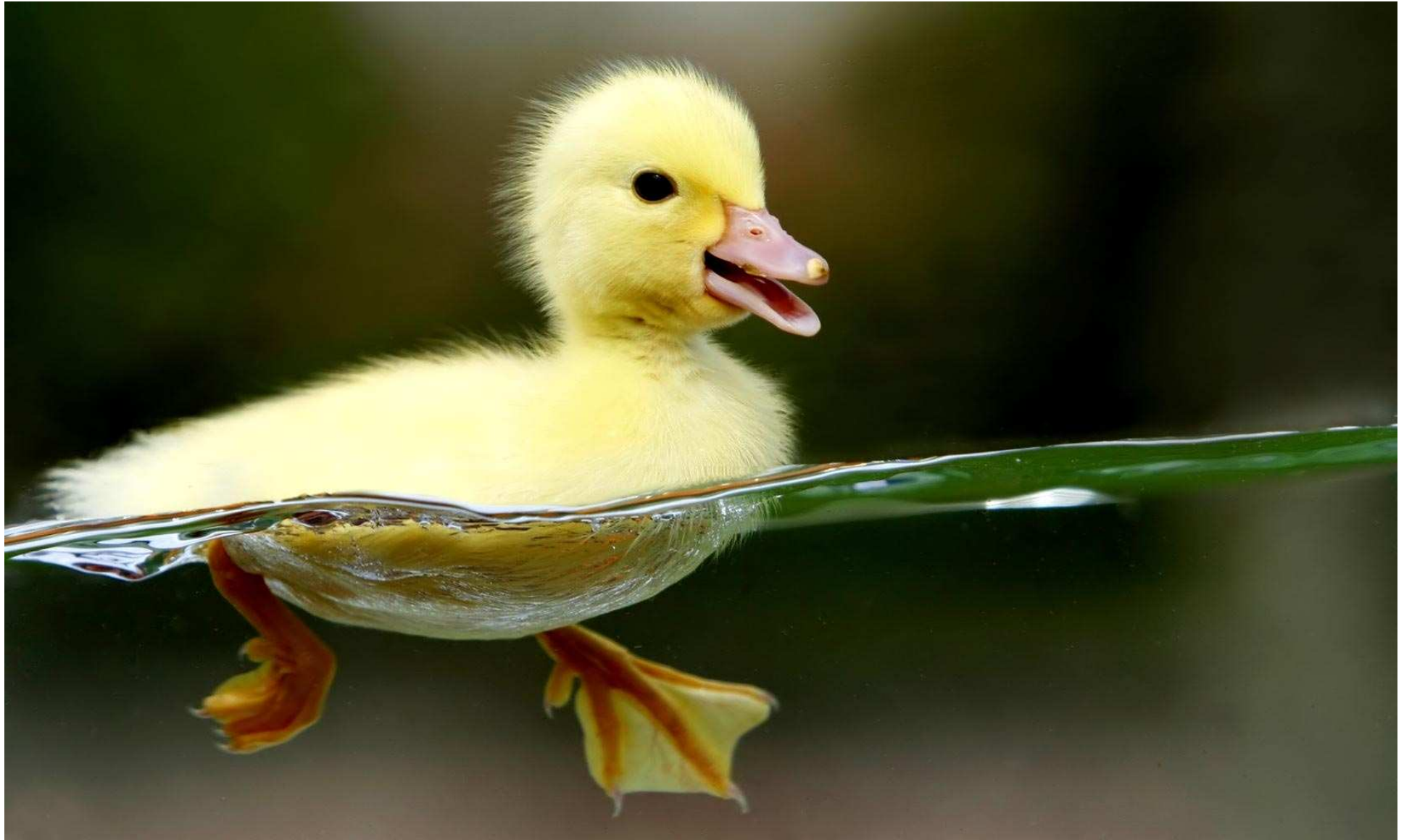


Do not let circumstances influence your thoughts and moods. By rising over them mentally, you will eventually rise over them materially.



Way # 3 : Accept your weakness.

Don't deceive yourself by thinking you're the only one with difficulties in your life. Everybody has them (yes, everybody!). Instead of spending your time and energy trying to "overcome" your weakness, make friends with it and make it work for you.



*Don't limit your challenges
challenge your limits*

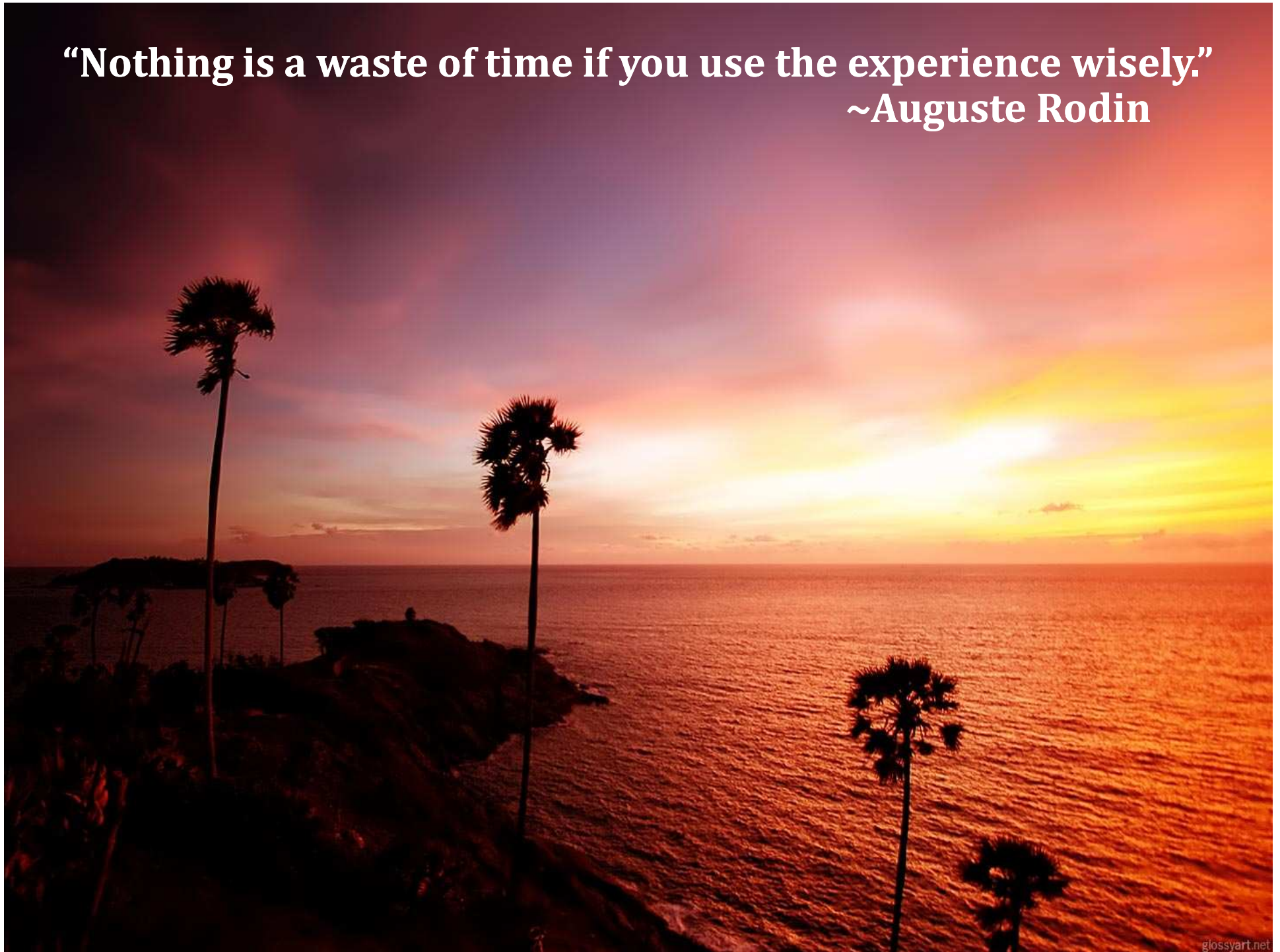


Way # 4 : Don't stop learning.

The brain is a muscle just like any other, and it will stagnate if you let it. Make it your rule to learn something new every day. Then USE what you learn to make your life better.



**“Nothing is a waste of time if you use the experience wisely.”
~Auguste Rodin**

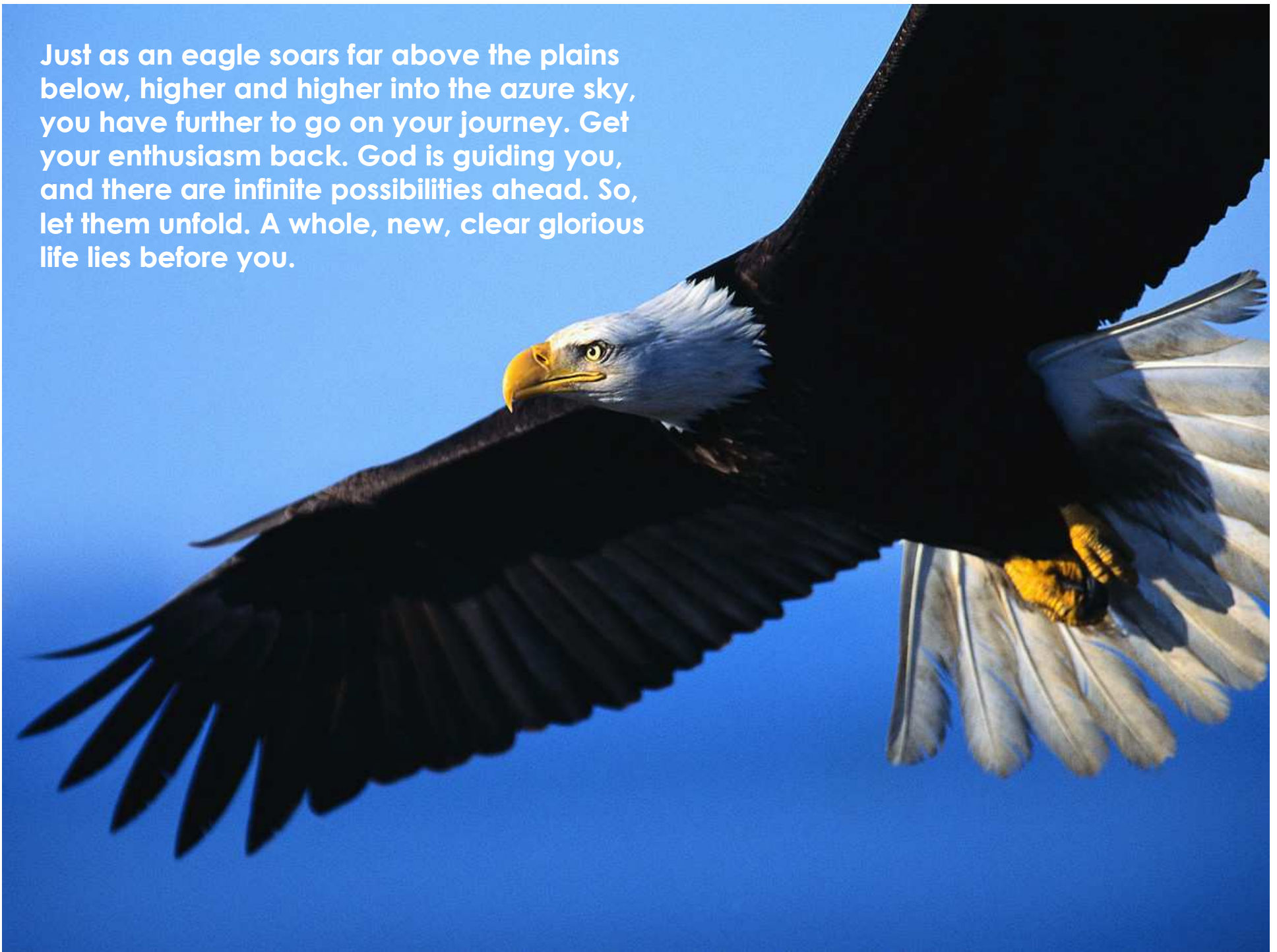


Way # 5 : Expect nothing; expect the best.

Paradox? No. It just means that you don't want to miss out on what's wonderful in your life right now, while you spend all your time peeking around the next corner.



Just as an eagle soars far above the plains below, higher and higher into the azure sky, you have further to go on your journey. Get your enthusiasm back. God is guiding you, and there are infinite possibilities ahead. So, let them unfold. A whole, new, clear glorious life lies before you.

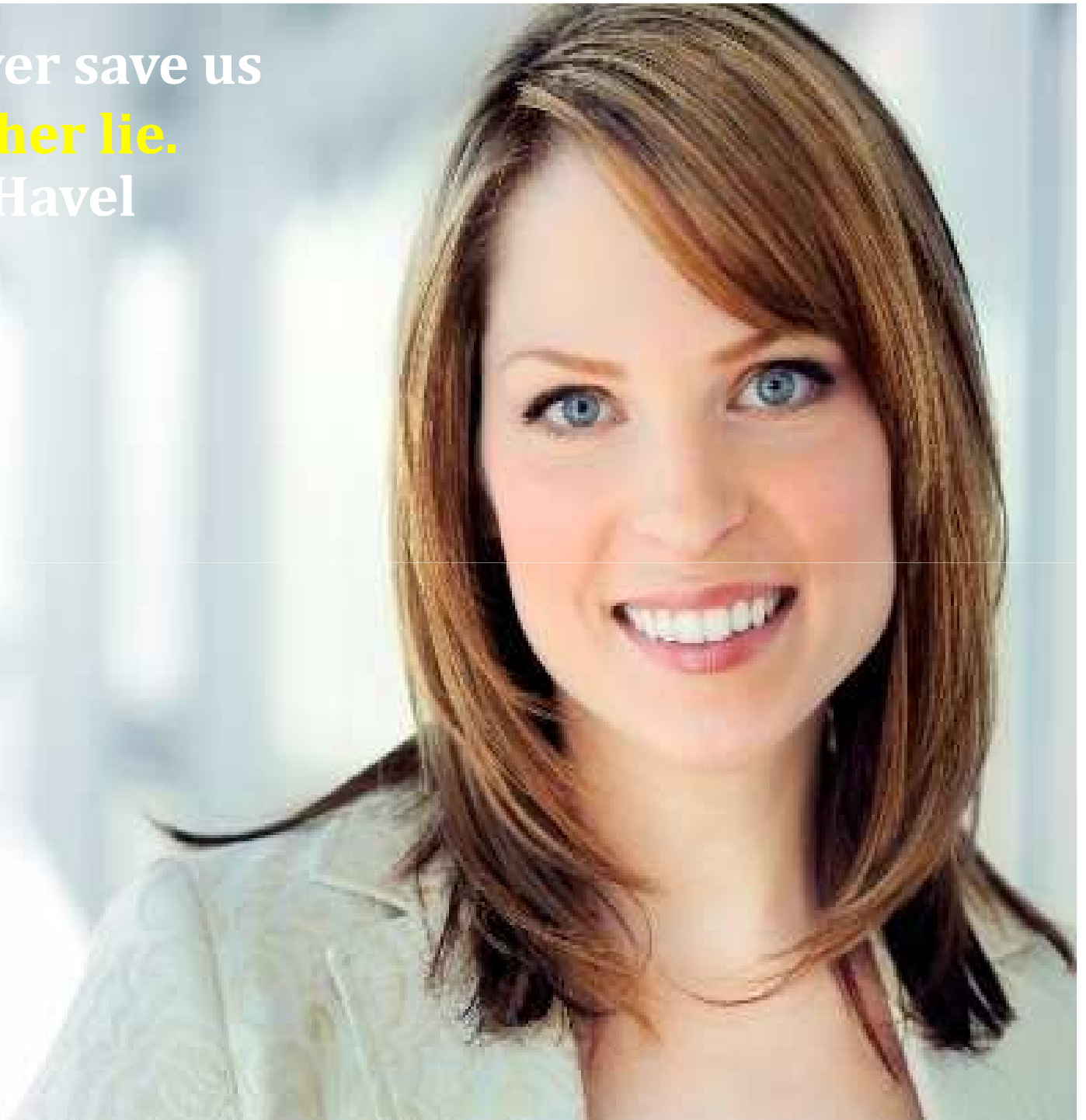


Way # 6 : Don't lie to yourself.

Telling lies to yourself is the most harmful form of disrespect. Write out ways in which you are untruthful to yourself, and how to correct it. "I will no longer pretend that overspending my budget is ok".

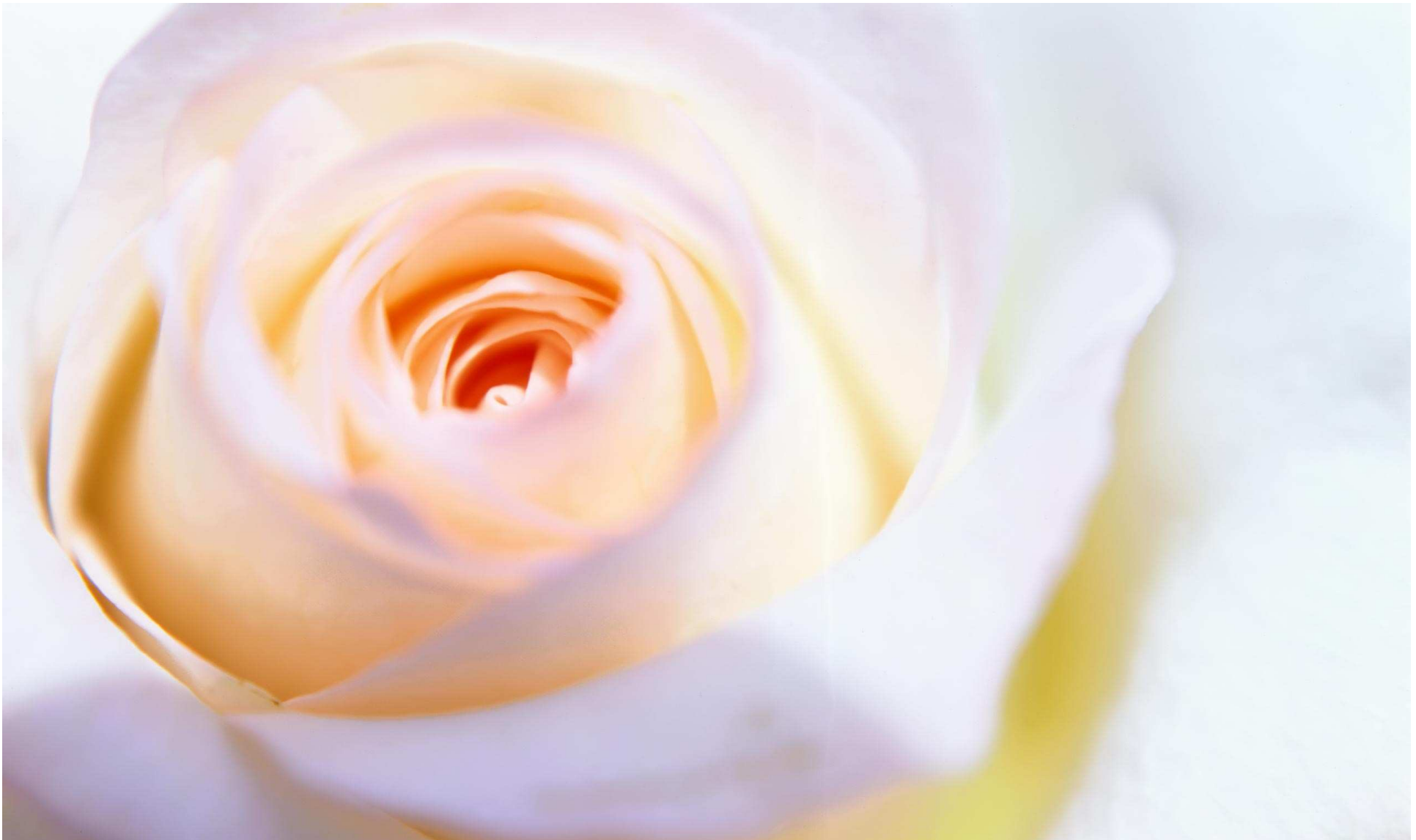


Lying can never save us
from **another lie.**
- Vaclav Havel



Way # 7 : Do plant what you want to grow.

Many many people are (figuratively) wondering where the roses are in their life, yet they spend all their time planting and nourishing weeds. You reap what you sow. That's just the way it is. Feeling



Establish a clear reason 'why' you want to achieve that significant goal, because that will keep you motivated and focused throughout the process of achieving that goal.



Way # 8 : Don't live in the past.

Let go of things that are draining you. There's nothing in the past that you can change or correct -- that can only be done in the present. **USE TODAY** . Today, change what you need to change, and move on to feeling good about your life.



Failure does not mean
I'm a failure; it does
mean **I have not yet
succeeded.**



Way # 9 : Swim with the current.

Don't waste your time complaining about what you can't control - like other people. Concentrate on what you CAN control, Like who you Hug, what you Read, when you SMILE, how much you Laugh, where you Go, what you Do, what you Think about.



In order to live in the present and focus on enjoying the moment, you must learn to relax and to keep your mind fully captivated on each task that you are engaged in. Although this can prove to be difficult at first, it can be done. The problem is that most of us **tend to do one thing but we have our minds elsewhere trying to solve some other problem.**



Way # 10 : Stand like a ROCK .

You know what's right for you --be willing to stand up for what's right for you.

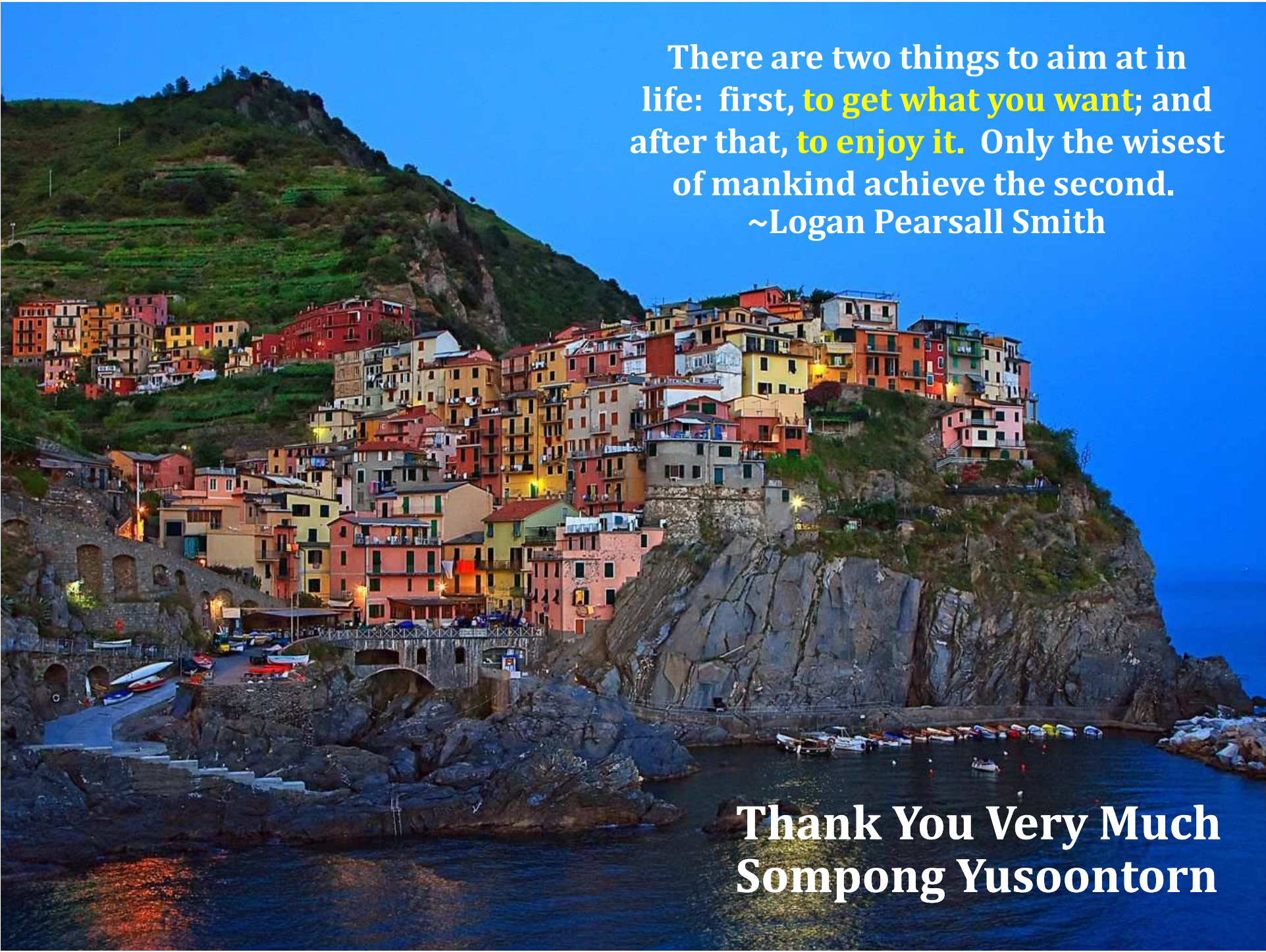




Don't worry if you haven't found the right medium. Once you feel that great purpose for your life and it comes from within, that is your greatest asset. **With that belief you are the leader of your own life.**

Take your time in reading them. Inwardly digest them. Chew on them. Be challenged by them. Don't discard them, but simply ask yourself 'what are the ways I have just learned' once you have read them. Read them more than once. Seek to understand and take action. I believe you can do it for your life worth living!!!



A photograph of a picturesque coastal village, likely Cinque Terre in Italy, built into a steep, rocky cliffside. The houses are densely packed and painted in vibrant colors like red, orange, yellow, and pink. The village is illuminated by warm lights, contrasting with the deep blue twilight sky. In the foreground, the dark, calm sea reflects the lights from the village. Several small boats are moored in a cove at the base of the cliff. The overall atmosphere is serene and beautiful.

There are two things to aim at in
life: first, **to get what you want**; and
after that, **to enjoy it**. Only the wisest
of mankind achieve the second.
~Logan Pearsall Smith

Thank You Very Much
Sompong Yusoontorn