



7 Actions You Can Take to Live Your Best Life Possible In Any Situation

How do you live your life in the best way possible? This is a question that I have wondered about at different points in my life: The summer before attending university, during university, especially after university, during several jobs, and even at this very moment. I am still intrigued by this question and now that ten full years (Crazy!) have passed since high school graduation, I came up with a list that I've learned from my experiences. Try one of these things! You will be astonished at how a tiny step could bring gigantic changes to your life!

- ❖ **Look at Yourself.** Are you happy? Are you disappointed? Are you angry? Who are you? Are you living up to your fullest potential? Answer these questions as honestly as possible. Do not compare yourself to anyone, but really ask yourself and search for the answers. An honest self assessment is a powerful exercise. Only when you are truthful can you really start making changes to live your life in the best way possible.
- ❖ **Be Nice to Yourself.** Often, we will tell ourselves we're not smart or pretty enough. You make the effort to be polite to others, so why not yourself? Be gentle to yourself. Take the time to pat yourself on the back and be proud of yourself, even for seemingly small accomplishments. When I have had a grueling day, I literally tell myself: "I did a great job even if the day was not perfect, it's time to pamper myself." Then, I spend the evening sipping on a glass of wine or treating myself to a massage. If you do not treat yourself with respect and love, then how will others?
- ❖ **Forgive Yourself and Your Loved Ones.** There is a habit of glancing back into the past too much. According to the dictionary, the past is "gone by in time and no longer existing." Exactly! It does NOT exist anymore.

Reflecting and understanding what worked and what did not can offer valuable lessons, but drowning yourself in the past will halt your growth. Forgive yourself, learn from the past, and move forward. Extend the same forgiveness to your loved ones.

- ❖ **Enjoy What You Have NOW Even While Wanting More in Your Future.** I grew up in Silicon Valley with a father who was an engineer and attended all sorts of parties where everyone gabbed on and on about stocks, which companies would go public, blah, blah, blah. You get the point. Being an ambitious woman, I am constantly pushing myself, but somewhere along the line, my mind's thoughts spilled too much into the future and I forgot to pause and enjoy my life. When I began writing my novel *Enchanted Silence*, it was my goal to complete the book which obviously required planning, but I also realized I had to live and enjoy the life that I had NOW while working towards my goals.
- ❖ **Spend Time with People Who Care about Your Well-Being.** This goes for any relationship, romantic or platonic, spend time with people who care about your well-being and bring a positive vibe to your life. If the relationship brings stress and pain, then it is not in your best interest to spend time with them.

Your relationships in your life should be with people (including family) who lift you up and help you fulfill your highest potential.

- ❖ **Put Your Happiness First and Create Moments of Happiness Every Day, however Small.** We often depend on others for happiness, but the truth is we must cultivate the ability to create happiness for ourselves. For example: Once, I was still wound up from a stressful day and noticed that I was missing a beautiful sunset. I took a deep breath, stepped back from my thoughts, and enjoyed the sunset.
- ❖ **Work Towards Your True Purpose in Life Every SINGLE Day.** What brings you immense joy and peace? What makes you forget what time it is during the day? For me, I have come to realize and accept that writing brings me immense happiness. My initial reaction? My chest tightened and I thought this is not something I can do. After all, I work full-time. As the feeling became stronger, I realized I had to give this a shot. So I enrolled myself in an online writing course and wrote the evenings after work. It started off small and suddenly became my obsession to complete my novel *Enchanted Silence*.

Pursue whatever it is that brings you joy and you will enjoy the journey regardless of the destination. You would be surprised where it takes you. The beauty lies more in the journey than the actual destination.

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