

## BEST LIFE LIVING

### *Made Concise and Simple!*

*The Earth school is one of the most difficult in the Universe:  
only the bravest souls sign up.*

— Dolores Cannon



Life on planet Earth isn't always easy. It doesn't come with a book of instructions to follow and isn't always plain sailing. Our journey can take us down rewarding scenic routes at times, full of love, joy, and laughter, but it can also see us hitting harsh roadblocks, being thrown off course, and having to take sharp detours. The truth is none of us lives in a protective bubble, and a lifetime of constant bliss for all wouldn't be REAL life at all. Experiencing the light and dark of life is both the joy and the pain of being human. And as souls on planet Earth here to fulfil our unique role, evolve, learn, and grow, we owe it to ourselves to embrace it ALL and give the gift of our life on Earth our best shot!

If you are committed to living your BEST LIFE, here are some of the things I have so far come to believe and know:

### *Live Each Day Fully*

Life does not stop with pain or illness, a health diagnosis, job loss, failed relationship, when you reach a certain age, financial hardship, or certain stresses or challenging life experiences. *Life on Earth is for living fully right up until you take your last breath.*

### ***Know What's Important***

What brings your life true meaning and purpose is not the day you are born, nor the day you die, but what you do with the precious years, months, and days in between.

### ***Understand Your Power***

Your true strength does not lie in your qualifications, c.v., experience, or achievements. Nor do any *labels* given to you define you. Instead, your power lies in letting your unique soul and spirit shine from within you. Once you permit yourself to be the *real you* and fully embrace life, everything else falls into place.

### ***Be All You Can Be Whilst You Are Here***

At the end of your days on planet Earth, you are likely to be most remembered for not your financial status, external possessions, or achievements. Instead, your loved ones will remember you for how you lived your life, the meaningful memories you created, and the person you were on the inside.

### ***Look Inwards, Not Backwards***

You need not identify with any darkness of your past. You are not the same person you were yesterday, last month, or last year. The past is over. It is gone. Look inwards and reflect; learn and grow from it. See that you did the best job you could at the time with the skills, knowledge, experiences, and resources you had available to you. New opportunities come with each unique moment. It is up to you to take ownership of how the rest of your life unfolds.

### ***Feel Alive, Complete and Whole***

What is happening at an external or physical level in your life does not all need to be *perfect* to feel alive, complete, and whole on the inside. How you choose to see and experience life determines the level of peace, happiness, gratitude, joy, and fulfilment you feel.

### ***Learn by Doing; There is No Other Way***

Strength, courage, patience, trust, faith, joy, kindness, love, compassion, and mental resilience all come from doing those things. Doing is how we learn in life; there is no other way.

### *Slow Down and Fully Savour Life*

Consciously slow down to enjoy the beauty and world around you and avoid life passing in a blur. Fully open your eyes and take time to see what you see, open your ears, taste, touch, savour, smell. You must *experience LIFE* in all its richness and with childlike enthusiasm to get the most out of life.

### *Spend More Time in Your Heart, Less Time in Your Head*

Avoid complicating life by overthinking every decision, action, communication or thought. Instead, keep things simple (and a lot less tiring and stressful) by *thinking less* and *feeling more*. Learn to trust your intuition: the essence, truth, soul, and heart of YOU.

### *Believe and Know You Can Handle Whatever Challenges Life May Bring You*

Worry is like a rocking chair. It will give you something to do, but it will not get you anywhere. Instead, live with faith and trust. Believe and know that you have all the power within you to deal with whatever success, challenges, or difficulties life brings—one moment, one next best step at a time is all you ever need to do.

### *See Life as a Precious Gift*

Live each day as if your last: with joy, love, and gratitude. When you wake up in the morning and find you are still breathing, remind yourself and *know that your unique role on Earth is not yet done!*

### *Have No Fear of Death; It is Not The End*

Recognise that whilst death may be the destination of your physical body, rest at peace in the knowledge that death is not the end. We are all visitors to this time and are just passing through. Our spirit and soul live on.

