



We are blessed with a human life. Therefore, as long as we live, we should put it to good use. It is not important how long you live. Living is not merely breathing in fresh air. Every breath should bring with it fresh thoughts, ideas and goals. The beating of the heart sustains our body. It should also infuse in the system a new vigour to help us overcome our problems. Every step that we take should spell a new hope. Our eyes should reflect a new dream, better opportunity and a new goal. That is what living is all about.

“ Living does not merely mean existing. It is the quality of life and not the quantity that is important. Life ultimately means moving ahead and proving yourself in the face of difficulties.”

8 Strategies to Improve Your Quality of Life

1. **Cultivate Optimism.** Increases creativity, ability to weather stress & self esteem. Optimism can be used in how you talk to yourself in the face of adversity, explain past events & think about the future. In the quest for the good life, positive expectations can be self-fulfilling.
2. **Be Present.** Take a deep breath. This is the here and now. Stop ruminating over the past or worrying about the future for a moment. Be silent. If you're writing a blog post, write the blog post. If you're playing simply play.
3. **Clarify.** When you are clear on what is important to you, there comes an incredible sense of freedom. You no longer live in a world of social comparison. You are running your own race. You have a clear picture of what you want your life to stand for.
4. **Give Out.** Mentor, contribute, and practice random acts of kindness, express gratitude. Give your time, be fully present for your family, and change the world. There are a million ways to give of you. Does it big, does it small, just do it.
5. **Connect.** We are social beings. We crave connections to others individually, to our communities, to our world. Pay special attention to your family, your adored friends & your neighbours
6. **Find Flow.** Flow is being in the groove, totally engaged in your present activity, challenged but succeeding with clear goals & feedback. Seek out the activities that challenge, engage & satisfy. Find your flow.
7. **Celebrate.** We need play & whimsy in our lives. Celebrate with traditions, with heartfelt compliments, with good food in lunchboxes, with surprises, with big evenings out.
8. **Love Yourself.** Love yourself by treating your body with respect & care treat it well with fresh fruits & vegetables. Meditate. Stay flexible, protecting your skin from sun & exercising your mind. Sleep well.

