



LIVE WITH INTENTION

POSSIBLE OR
IMPOSSIBLE YOU
CHOOSE

KAY HETHERINGTON



**“You can have
everything you want, if
you want is badly
enough”
Abraham Lincoln**



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Life is short; live it up.”

~Nikita Khrushchev

Introduction

Are you tired of living a ho-hum existence? It's a fact of life that you'll sometimes experience phases where everything's just okay. Life is plodding along with not much exciting going on. Maybe it even approaches a sense of boredom and there's nothing happening that really energizes you.

Lately, you may have read about finding your passion. Perhaps you're wondering, "What is my passion, anyway? What do I really want? I need to spice up my life!" If these thoughts sound familiar, this guide can help.

It will encourage you to re-connect with your life and take some immediate actions to kick it up a notch.

Take hold of life's steering wheel and go, go, go. Let's get started right now!

1. You Control Your Thoughts

It's not unusual for our thoughts to get in the way of making progress toward what we want in life. But when you truly make the leap to reality and determine what you're really thinking and feeling, the power of how your life progresses returns to you.

Can you consider that our thoughts are what drives us? They drive our feelings, and our feelings control our actions, the results we receive in life are 100% the outcome of our actions.

Actions we take, can either be negative or positive. I know that this is a big concept so let me give you a couple of stories.

Mary has an internal thought process in her head that she is simply not good enough to get that promotion. It is an internal dialogue that runs consistently. Based on these thoughts she feels that she is never good enough.

Not feeling good enough Mary, does not step up and take on extra duties at work, she does not put her hand up, she does not ask for more than she feels that she deserves. Do you think that Mary will ever achieve the results that she dreams of?

A more positive story is John, he thinks and dreams of running in the local marathon, he has never trained, he has never been a runner in this life many people would think he is crazy.

John however has a strong belief that he will achieve this goal and imagines crossing the finish line. He knows that he needs to act, so he starts training and taking all the necessary steps to get into shape. The result is that John crosses that finishing line.

Both short stories show how it all starts with our thoughts and feelings. The positive and the negative in life is all a result of our thoughts and the feelings that we place around them.

Take these actions now to control your own thoughts:

- ❖ Stop thinking negatively. Do you ever have negative thoughts that practically drown you in the awfulness of something?
- ❖ If you experience such negativity inside your own head, it's up to you to halt it.
- ❖ For example, if you're hoping to be selected for a job, you might think something like, "I won't get picked because nobody notices my skills," "That interviewer didn't seem to like me very much, so I

better keep looking for work,” or “I’m not attractive enough to obtain this job.”

- ❖ Changing your negative thinking patterns can really set your life on a new, positive path.

Increase positive thinking. Positive thoughts often lead to positive outcomes.

- ❖ Rather than thinking you probably won’t get the job, change your negative thought into a positive idea like, “I might get selected because I have a long history of working for this company” or “My resume shows the variety of projects I’ve completed on my own, so I’m a good candidate for this job.”

Allow yourself to feel the power of the control you now have. When your thoughts are getting you down, say to yourself, “Is this line of thinking getting me anywhere”, change what you are saying to yourself.

Meditate. One of the most wonderful ways to train yourself to control your thoughts is to make meditation a habit.

- ❖ For two sessions a day, ten minutes each session, go into a room with no TV, radio, computer, or cell phones. Close the door. Sit or lie down and close your eyes. Breathe deeply in a way that moves your rib cage up and down. Focus on listening to your breath.

- ❖ After you experiment with meditation, you'll find yourself savoring those ten-minute sessions. Your ability to control your thoughts will increase as you become more skilled in your meditation. Feel free to increase your time by five-minute increments.

Still struggling to make your thoughts positive. Sometimes thinking positively will only get you part of the way.

Let's look at John our marathon runner. Sometimes it helps to imagine, how could you help John? What would you tell him?

Let's consider a few versions of the circular diagram on the next page.

John could change his thoughts.

Yes, I can do this, because of his positive thoughts, he will gain a growing feeling of purpose and confidence. Actions will be taken by John to allow him to achieve his goal, and then the results will occur based on the actions that he took.

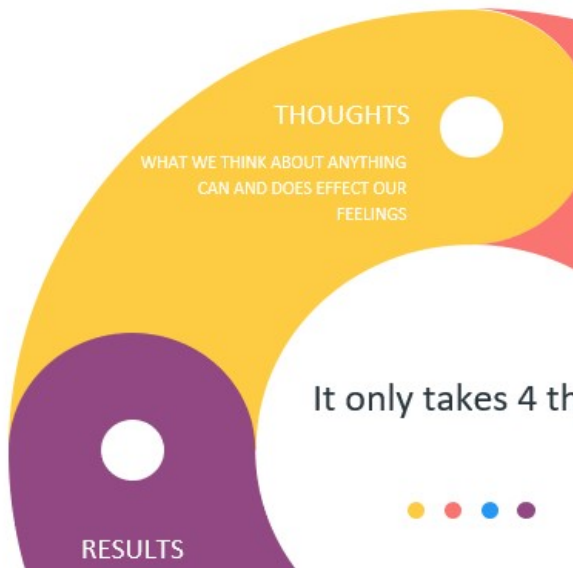
Of course, by successfully accomplishing his goal will change his thoughts from yes, I can do this to yes I did this. New feelings will come with that success.

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Of course, you could even just start at action, every day John could take actions necessary to take up running.

Everyday as John gets better and better, he will start to see results. His thoughts around running will change and thereafter the feelings around it. John might then decide to increase his training regime to really take on the task of running a marathon.

Not one thing on its own will manifest the results, it takes a combination of all four to get exactly where you want to go.



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Without action your thoughts will never change. Put yourself out there you never know where you might end up.

Your ability to make your life more positive as well as fascinating is up to you, simply by monitoring and controlling what you think.

**“There are only two ways
to live your life.
One is as though nothing
is a miracle.
The other is as though
everything is a miracle.”**

~Albert Einstein

2. Take Hold of the Current Moment

Although it's important to learn from the past and plan for the future, much of what you can do to spice up your existence has to do with what's happening in the here and now. In this moment, you have a unique opportunity to make the most of your current situation.

Whether you're at work dealing with a tough project, spending time with your mate, or running errands to keep your life progressing smoothly, taking hold of the current moment can help you create some of the most memorable, cherished, and exciting times you'll ever have.

Apply these ideas now to get a strong grasp of the present:

1. Ask yourself, "What am I thinking about now?" When you're aware of the topic of your current thinking, you can keep yourself from focusing on something that happened last week or something you're worried about that could happen next week. Stay in the present with your thoughts.
2. Consider the task at hand. If you're trying to complete a work project, then focus on that. If you're painting the walls of your living room, pay attention to what

you're doing. Whatever is here in front of you deserves your full attention. And if it doesn't, then change what you're doing.

3. Be the best at whatever you're currently involved in. If you're at work, do what's necessary to show you're the top-performing employee. At home, in the middle of a task, strive to complete it as well as you can. Staying in the moment allows you to gather all your efforts in one place and unleash them onto what you're engaged in right now.
4. Increase awareness that this moment may not come around again. As the clock ticks time goes by. What is your overall plan for this life? Are you doing anything to achieve it? Now, you can contribute to your own existence in some way. Make your life more tantalizing, interesting, and worthwhile.
 - ❖ Know that in this moment, you have the capability to contribute to your life in a way that brings you joy and fascination.

Getting a good grasp on the moment takes some effort on your part, but the rewards will be great. Pay attention to what's happening around you. Regardless of whether you're at your son's little league game or making the biggest work presentation of your life, live every moment to its fullest. The feelings and experiences you gain will spice up your life and make it more special.

I don't know about you, but I have always believed that I had a superpower, I could multitask! I could do 10 things at the one time without a second thought.

My daughter was that one person who always asked Mum are you listening to me. My answer was always yes, I don't need my ears to do the washing up they are all yours and I would listen whilst doing the dishes, cooking dinner or something else. It frustrated her no end and was a constant source of anger from her. I know now that she was right my little spirited 10-year-old knew something that I didn't, when someone wants to talk, they want your undivided attention.

I remember doing an exercise at a seminar to show how much less effective I was when multi-tasking, I would love for you to try it.

You will need a pen and paper, and a stopwatch. I want you to put 30 seconds on the timer.

During the first 30 seconds I want you to as quick as you can write down the numbers from 1 to 26 in order, and when you have finished then right down the alphabet in order A to Z. I am pretty sure many people will finish this very simple task and you have all 26 numbers and every letter in the alphabet on your paper within the 30 seconds.

Next, we are going to set the timer for the same 30 seconds this time, we are going to write down the same

numbers and same letters in the alphabet, but I want you to write them as follows: -

A 1

B 2

C 3 etc until you get all 26 numbers and 26 letters of the alphabet but remember to stop when the time goes off.

Did you get them all down or at least as many as in the first try? Compare one list against the other. I know when I did it the first time, I finished the first time with around 10 seconds on the timer. The second time I didn't finish, I got to letter W and then in reflection realized that I had made a mistake and missed a letter of the alphabet part way through.

What was your experience?

What does this mean? The first time I was accurate, the second time I got less done in the same amount of time and my accuracy was not so good. My mind was switching between numbers and letters and I was continually going back and reading what I had written.

I realized that by showing off my superpower I was never as effective as being 100% in the moment, 100% engaged and 100% on task.

The funny thing is that my connections and relationships have now gone to a place that I always dreamed about. When someone is talking to me, I stop what I am doing

and really listen, its pure joy, give it a try. Sometimes if I am in the middle of something important, I simply say I really want to hear what you are saying and be totally engaged and there for you, can I come and see you in five minutes, I just need to finish this important task so that I can be there for you 100%.

Don't do that with teenagers most of them never talk to you, so when they want to talk drop everything. Well at least that is my experience.

I know that you will be as amazed as I was and continue to be so. I am now a one thing at a time girl and simply loving it.

**“Each day is a new life.
Seize it. Live it.”**

~David Guy Powers



3. Find Sources of Personal Happiness

You've likely known someone who seems to have drawn a bad hand in life. Maybe they are unhappy with their job. Perhaps they've gotten divorced or just struggle to have the type of love relationship they want. I was that person, disaster following me whether I go.

Do you ever believe you aren't meant to live a happy, fulfilling life, I certainly did. I believed that I was being punished by the universe for all the things that I did wrong and if someone asked me I had a very long list of stuff that I regretted.

You must try to push those thoughts out of your mind. You deserve to enjoy the best life possible. You just have to find the sources that will deliver joy and fulfillment to you.

To find sources of personal happiness, put these tips into action:

1. Engage in hobbies and activities you love each day. When you make time to do the things you love to do, you're demonstrating to yourself that you deserve to live a happy life.

2. Move around. Take part in physical activities that get you moving, physically and spiritually.
 - ❖ Many find joy in reconnecting physically with their own bodies. Feeling your muscles move and seeing how your body works for you can bring a special kind of joy and happiness.
 - ❖ If running makes your heart pump and lets you know you're alive, go for it with all your energy.
 - ❖ Maybe doing yoga at home to challenge yourself from week to week is an activity you find self-reviving and tranquil. When you really commit to interests that peak your curiosity, life can become a pretty interesting ride.
3. Experiment with new hobbies. Try something different, like refinishing old furniture or redesigning the rooms of your home. You can spice up your life by engaging in brand new activities a few times a year.
 - ❖ Maybe you've wanted to try the climbing wall at the health club or join a summer softball league, but you never have. You'll never know the value of finding an activity you really love unless you occasionally reach out and experiment.

Making yourself happy is a major "job" in life. I am a firm believer however that we must have a full range of emotions, its ok to be sad, angry, frustrated, happy,

joyful, etc. If you try to be happy every single hour of every single day, how will you know when you are not? It is like everything if you only have one side how do you know when it is different. If you didn't ever have night, what does day mean? If you never had good, then does bad mean anything? Get the idea. If we are happy all the time and never sad, how do we compare joy, exhilaration and other amazing emotions that are so wonderful to feel and experience.

In my opinion we sometimes we stay in sad, angry, frustrated way too long and on things that really don't deserve such self-sacrifice. We don't address them; we take no action to make things different. What if sad was an opportunity to make things right, better? Sometimes sad is just sad, and you need to feel it, but if you are anything like me, we hold onto it way too long and for all the wrong reasons.

We're each charged with discovering our own personal joy. Even though the mundane aspects of life seem to overpower you at times, keep your head about you and continue seeking out your own sources of joy. You can have the life you want by doing so.

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**“Variety’s the very spice
of life that gives it all its
flavor.”**

~William Cowper



4. Focus on Maintaining Good Health

A spicy and widely varied life is more challenging if you have yet to get into the best physical shape possible. For your best results, you'll likely require a healthy body to go the distance.

To maintain good health, put these tips into play:

1. Develop healthy eating habits. Eat mostly fruits and vegetables, one or two small portions of meat three or four times a week, and fish several times a week. Drink six to eight glasses of water in a day. Avoid sodas, teas, and coffees with sugar. Make fattening desserts a rarity, once a week or less. Identify your “red-light” foods and avoid them.
2. Stay focused on a daily exercise regimen. Your exercise doesn't have to be long or incredibly difficult to achieve success. Just ensure you get some sort of exercise in six out of seven days. If you lack the time to exercise all at once, aim for three to four ten-minute segments throughout the day.
 - ❖ Decide to get the most enjoyment possible out of your exercise. If you require others to exercise

with you, join a health club, running club, or bicycling club.

- ❖ Consider pursuing a variety of exercises to keep active and interested. For example, this month is walking, next month is jogging, and the next month is bicycling. The month after that might be yoga, then wall-climbing, and then back to walking again.
3. Keep your weight under control. No one wants to hear that they're overweight or destined to live a shorter life because of their weight. But think about this: how can you experience a spicy life if you're letting yourself go?
- ❖ Some activities that help keep your weight under control include calorie-counting, eating healthy, and exercising. These can be done with your partner, your friends, or new acquaintances you made at the health club.
 - ❖ Think of weight control as your avenue to a new life adventure.
4. Attend maintenance doctors' and dentists' appointments. Whether it's once or twice a year, ensure you're seeing medical professionals regularly to stay on the correct track with your nutritional intake, exercise, and lifestyle choices. Consider these appointments the same as those you make to keep your car in working order.

5. Make time for self-care. Schedule time to rest. If your skin needs a moisturizer, apply it. If your beard could use a trim or you want a pedicure, do these things yourself or have them done. Man or woman, you're guaranteed a spicier life when it shows you really take care of yourself.

- ❖ Engage in all your self-care habits with gusto: brushing your teeth, shaving, keeping your haircuts or styles neat, and the like.

To sum it up, self-care is an important ingredient for a life filled with fun and spice. The healthier you are, the more you're able to energetically pursue everything you want in life.

A woman with blonde hair, wearing a light blue coat, a straw hat with a red ribbon, and a brown messenger bag, is riding a blue bicycle on a city street. She is viewed from behind, and her right foot is on the ground. The background shows a blurred city street with buildings and a crosswalk.

**“Life is like a ten-speed
bicycle.
Most of us have gears we
never use.”**

~Charles Schulz

5. Discover the Work That's Meant for You

Unless you're independently wealthy, you likely have a workplace you go to most days. In these times, you might also work from home, using your computer, an internet connection, and a phone. Whatever your mode of work, it's important that you truly connect with your chosen vocation.


1. Do work you love. Many may feel that the word "love" is a pretty dynamic term to apply to their work. But at the very least, if you want to experience a life filled with adventure and unexpected pleasures, then find work you like to do. If you love it, you'll find your life has considerably more spice.
 - ❖ When you do work you enjoy, it makes you want to get up in the morning. You want to put your best efforts into the day because doing so brings you a sense of personal satisfaction and accomplishment.
 - ❖ Since work is at least a third of your day if you work full-time, seek out a position that excites you.
2. If you're unhappy with your job, do some contemplating. What kinds of things do you love to

do? Write them down. As you go down the list of each activity, write down how you can make money doing that activity on a daily basis through working.

- ❖ For example, maybe reading is on your list as a favored activity. How can you make money at reading? Perhaps you could look for a job in a library. Even if you lack a degree in that field, there are a variety of other positions available at libraries.
 - ❖ Who knows, after you work in a library, you might love it so much that you'd want to go to night school to get a degree in Library Science.
 - ❖ Another example might be that you love to exercise. Have you thought about being a personal trainer or leading a weight-lifting class at a local health club?
3. It's possible to really enjoy working. If you've fallen into the rut of thinking, "Oh, no, it's time to go to work again," "I don't like my job," or "Work is no fun," then open your mind and think about ways you could get paid to do the things you find fascinating.
 4. Be okay with doing two "jobs" at once. Maybe you have to maintain your job at the department store or factory, but you're so interested in accounting that you've decided to pursue a few evening or weekend classes through your local university.

- ❖ Tell yourself that you can stick with your current job for the time being and eventually you'll have the job you desire.
- ❖ If you choose to work and plan, then make the most of your work life regardless of whether you are doing what you love. Practice listening and really be interested in those around you. Practice other ideas in this book. Opportunities abound, for connection in various forms. Keep practicing, work is a great place to put these into action.

Discovering work that's enjoyable and truly meant for you can make all the difference between living a ho-hum life and a life that brings consistent excitement and opportunity. Believe that you can find work that makes your life worth living and make a plan to pursue it!



**“Tell me, what is it you
plan to do with
your one wild and
precious life?”**

~Mary Oliver

6. Foster and Protect Your Love Relationship

If you ever ask an elderly person what really matters, you may be surprised by their answer. Many will respond that the fact that they've loved and been loved has brought bountiful joys and excitement to them throughout the span of their lives.

Therefore, fostering and protecting your love relationship is a no-brainer when making the list of how to spice up your life. You'll experience the highest highs from maintaining a love relationship of deep quality. But how do you do that?

Protect your love relationship by using these strategies:

1. Avoid going to bed angry. Going to bed with something negative on your mind interrupts your sleep and deepens any divide between you.
 - ❖ Look at your partner in the eye, smile, and say you love them. If you're too upset to do this, talk to them about the issue before you go to bed that night.
2. Use tact and compassion when bringing up sensitive issues. Perhaps you disagree on something or maybe your partner's comments or actions hurt your

feelings. But if you want to resolve the issue, it's wise to speak with your partner about it in an honest and nonthreatening way.

- ❖ Consistently discuss issues that trouble you to resolve them.
 - ❖ Use special care in those discussions.
3. Consider your partner's feelings in any situation. Your own feelings may seem more important, but it never hurts to recognize and try to imagine how your mate feels regarding a particular event or occurrence. You probably know your partner's shortcomings, which puts you in a position to understand them better than anyone.
 4. Find "couples" time frequently. Whenever you can, capture moments of special times together. It may be flirting a bit during a lunch out together or holding hands when you go to the mall. Keep the feeling of being a team strong and evident.
 - ❖ This is something most couples need to work at due to the chaos of life. Somehow, establish the habit of being together as a couple each day.
 5. Recognize that your behavior towards others can affect your relationship. Let's say you've been married for fifteen years to a lovely lady yet find yourself flirting with a female co-worker. It's kind of fun and makes you feel younger. You like the way it

feels to know that an attractive woman is paying attention to you.

- ❖ Maybe you've established a "close friendship" with this woman and others at work can see that you are typically hanging out together and chatting during breaks and before and after meetings. Nobody's getting hurt, correct?
- ❖ Then, your company's annual picnic or holiday party is held and you and your wife attend. Your female friend from work is there. She expects to sit with you (like always). Your wife is happy to meet your friend but feels a bit weird about sitting there with you and your co-worker, watching you talk about work with all of your mutual friends.
- ❖ You notice your wife sitting in stony silence halfway through the event. On the way home, she demands to know what's going on between you and your female co-worker. She's clearly taken by surprise and appears to be feeling shocked, hurt, and angry.
- ❖ Trust can be eroded, and your partner can eventually be hurt by how you conduct yourself with others, especially when your partner isn't usually present.
- ❖ To keep your love relationship spicy and fun, save your flirtations, attentions, and special thoughts and only share them with your partner. If you avoid developing overly close relationships with

members of the opposite sex at the office, your feelings of closeness with your partner will be enhanced.

6. Make sure you don't get caught in patterns that hurt. Do you always shut down and emotionally disconnect? Do you bring up past hurts? Do you use threats? Do you use hurtful language? Don't get caught in this merry-go-round, talk and really listen, even if it takes you multiple attempts, even if you seek the outside help of a counsellor or coach. The grass is not always greener on the other side, relationships are not disposable, you should really try your best, be your best, and love like you have everything to lose. Of course, some actions should never be tolerated, these are the ones that I am talking about.

Ensure your love relationship is one of the most important relationships in your life. When you live according to your priorities, it shows, and your life and love relationship will be enriched beyond measure.

A romantic couple is shown in profile, kissing in a field of tall, dry grass. The man is on the left, wearing a tan button-down shirt and dark pants. The woman is on the right, wearing a long, white floral dress. The background is a soft, out-of-focus landscape under a bright sky.

**“Variety is the spice of
love.”**

~Helen Rowland

7. Make Decisions Mindfully

In an average day, how many decisions do you make? Some of them are probably important and may affect how you spend your energy, time, and money. Everyone makes an occasional mistake, but inside the pros and cons of each decision, you'll find you're living the exact life you want if you strive to make your decisions with care.

To make decisions mindfully, use the following strategies:

1. Clear your mind. Take a moment to focus only on the topic at hand. Screen out anything that diverts your attention.
2. Weigh out the pros and cons. For each choice you have to make, go through the pros and cons. It can be pretty quick and simple to jot them down.
3. Thoughtfully consider how your life will be affected. If you choose option A, what is likely to happen? Is that a positive outcome? Does the decision figure into your life goals? Which choice will put you one step closer to the invigorating, fascinating existence you seek?

When you're mindful of your decisions, you develop a deep awareness of what's happening around you and the impact of your choices. Living mindfully promises a life well-lived.

I personally now evaluate my decisions on my Perfect Average Day. Simply grab a piece of paper and write very descriptively your perfect average day, and no this is not a day you are on holidays or winning the lottery it's a day that you can repeat over and over again.

For me my day is laminated and, in my shower, so each morning I see it. It has color, movement, feelings, smells and love. I will give you the first few sentences

I wake before the alarm around 5.45am, so have time to stretch with my eyes closed and rejoice in the feeling of warmth from my bed, I love how the blankets cover me and provide a safe haven from the outside world. I reach over and find my lovely partner still snoring softly, time for a morning hug, I love the feeling of just finding that spot where my body fits into his grooves like it meant just for me. We get out of bed a couple of minutes before the 6am alarm.

Time for coffee together, we both have our little jobs his is putting the coffee on, mine is letting the dog outside and making sure he has enough clean water. We take our coffee out to our deck, we both love our little piece of paradise, we can hear the birds singing and can smell the morning dew. We chat about our day, what we have

on, and how we can support each other to achieve another day of greatness...I am sure you get the idea, a repeatable day over and over again. The full version includes what I do, how I care for myself, how I contribute and how I serve in full blown colour. Every single word.

The benefit of knowing where I am going helps me make decisions to bring me closer to this ideal day. Every time I am faced with a decision, I ask myself does this take me closer or farther away?

Don't for a second think that I am close, I am a long way from getting to my perfect day and I am sure that along the way I will have to rewrite. My day is fluid as I learn new things, new people come into my life, I go on new adventures. Things that I didn't think possible or even consider will be added. But I have a plan!

**“You don't get to choose
how you're going
to die. Or when. You can
only decide
how you're going to live.
Now.”**

~Joan Baez

8. Establish Friendships That Sustain You

All of us can recall great times in our lives that were shared with good friends. Going to college, travelling across Europe, raising kids, and other shared experiences draw you closer and deepen friendships.

Even friendships made later in life through working together or living in the same vicinity can evolve to become some of the most important connections you'll have in your life.

To establish and maintain friendships that truly inspire and sustain you, apply these tips:

1. Stay in consistent contact. With all the technology these days, you can send an e-mail or a text message at least once a week. A phone call is even better and a face-to-face lunch is ideal.
2. See each other on a regular basis. Even if you live across the country from your friends, try to figure out a way to get together at least once a year. Maybe you can meet in the middle and spend a long, holiday weekend talking and exploring new surroundings together.

- ❖ If a friend only lives a few hours away, you can take turns driving to see each other quarterly or meet for a weekend to just hang out.
3. Listen well. Sometimes, it can be a wonderful experience to just sit and hear every word your friends say. Maybe they're describing a frustrating work experience or what they did to care for their garden. Either way, listening to one another strengthens your bond.
 4. Be thoughtful. Remember their birthdays and special occasions. Make the trip when it's their fortieth birthday party or their kids' graduation from high school. It matters.
 5. Insist you occasionally do something really special together. Although life can get busy, plan unique outings together because good friends are hard to come by. Make it a point every four or five years to do something special and memorable.
- ❖ Meet for the weekend somewhere to listen to jazz music and enjoy a fancy new restaurant that everyone is talking about. If you live in the big city, have your friend come and stay for a few days and visit some museums together. Share a cabin in the woods to get close to nature and swim.
 - ❖ These special times will be cherished, and you'll enjoy talking about them for the rest of your lives.

6. Show appreciation. There's nothing like a good friend to cheer you up, talk you down, and tell you the truth. Say, "thank you." Send a little gift now and then. Even greeting cards can be fun ways to send quick messages and photos, just to share that you're thinking of them and that you appreciate your friendship.

7. At the beginning of a new friendship, you might have to make all the moves. Do not keep a score card, oh I rang them last time I am going to wait until they ring me this time. Who has time, you want to maintain a friendship, take a friendship to a deeper more fulfilling place, want to stay in touch with an old group? So, what you rang them the last 10 times, does that really matter, you have fun when together, they always appreciate you, your friendship is amazing, they listen to you when you speak. Are not those things the important part not who rang who first to organize.

Although good friends are hard to come by, when you have a few of them, your life is invigorated, fresh, and lively.

Take care of the friends you have, to live a blessed life.



**“A friend is like a
rainbow. They brighten
your life
when you’ve been
through a storm.”**

~Ritu Ghatourey

9. Love Yourself First

Hopefully, you have plenty of love to go around. Relationships with your partner, kids, and friends will trigger feelings of love and affection that bind you together.

However, there's another kind of love that's quite relevant to a life that brings adventure and exceptional variety to your existence: self-love. Above all others, we must love ourselves. Since we inhabit the space within ourselves, our lives are richer after realizing that we're worthy and we matter.

Learn to love yourself first by employing these strategies:

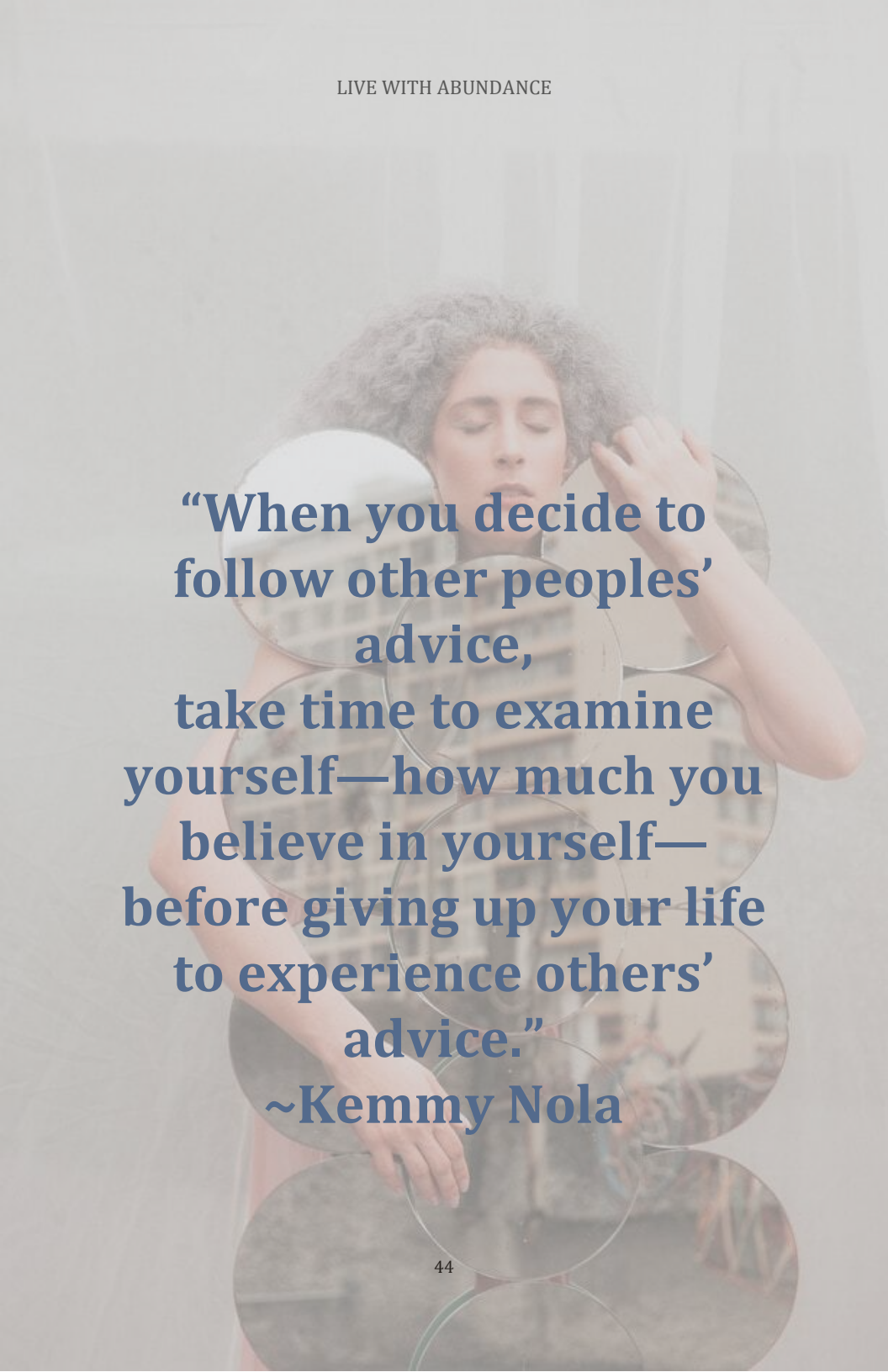
1. Know your strengths and weaknesses and accept them. This unique combination of things you do well and things you could work on belongs only to you. There's just one you. Embrace this fact.
2. Smile at yourself in the mirror. Each morning as you're getting ready for your day, give yourself a grin. Get accustomed to your smile. Pay attention to how your eyes crinkle or how your dimple deepens as your grin widens.
3. Take care of your emotional self. Is something happening that causes you great pain? Figure out a way to resolve it. Talk directly to the person you see as the source of your pain. If you're unable to discuss

it with them, figure out another way to help yourself feel better.

❖ Only you are responsible for soothing your own feelings. Avoid letting things get to the point where you're upset, frustrated, hurt, or angry all the time. You're worth more than that.

4. Make time for the activities you love to do. Because what you want to do is important, remember to schedule time for it.

Loving yourself is a lifelong goal. Remind yourself that you must love and take care of yourself so you're better able to love and take care of others. All these things work together to deliver a life to be savored and enjoyed.



“When you decide to follow other peoples’ advice, take time to examine yourself—how much you believe in yourself—before giving up your life to experience others’ advice.”

~Kemmy Nola

Conclusion

Life is such a beautiful thing. When you recognize all the opportunities surrounding you each day, your existence is filled with unknown promise and adventure. Applying these strategies in your daily life will ensure you connect with your existence in new and fruitful ways. Start living a spicy life today!

**“Life is an adventure,
dare it.”**

