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# Table of Contents

## **Chapter 1:**

*The Basics On Living An Optimal Life*

## **Chapter 2:**

*Identify Where Your Life Has Issues*

## **Chapter 3:**

*Identify If You Are Causing Issues*

## **Chapter 4:**

*What Do See As An Optimal Life*

## **Chapter 5:**

*Using Affirmation*

## **Chapter 6:**

*Using Visualization*

## **Chapter 7:**

*The Benefits Of Optimal Living*

## **Chapter 8:**

*Staying Motivated For Optimal Living*

## **Chapter 9:**

*Staying On Track*

## **Chapter 10:**

*Making Resolutions For Optimal Living*

# Chapter 1:

## *The Basics On Living An Optimal Life*

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### **Synopsis**

*“Don't you ever get the feeling that all your life is going by and you're not taking advantage of it? Do you realize you've lived nearly half the time you have to live already?” -- Ernest Hemingway, The Sun Also Rises*

Are you living your life to the fullest? For some people, living an optimal life is like wishing to win the lottery. Others consider it as a daunting or overwhelming task that requires time, effort, and money. However, contrary to what these people believe, living life to the fullest is easier to achieve with few changes in their lifestyle, perception, and views.



## ***The Basics***

In just simple ways, you can already live a saner, more satisfying, and healthier life without sacrificing your responsibilities at work, to your family, and at home. Whether you are living in the city or in a small town, you can make a change and live an optimal life. How?

### **➤ *Learn to Appreciate Even Little Things***

Instead of your usual grabbing a cup of coffee, driving to work, and returning home after a whole day of stress, why not break this typical daily routine and learn to appreciate the things around you. Listen to the different sounds that nature produces and be aware of the beautiful surroundings that you often overlook due to the overwhelming responsibilities that you have.

### **➤ *Be the Real You***

Some individuals choose to hide the real them with the fear that their friends or colleagues will not accept them for who they are. However, making positive changes in life starts by loving and accepting yourself and being proud of who you are. Stop judging yourself as this put limit to the things that you can do and achieve. It is true that there are a certain part of the society that may not accept you, but what important is that you are courage to be yourself. Do what makes you

happy and the ones that you're good at because life is what you make it.

➤ ***Be Happy and Adventurous***

This may sound simple, but being happy is always a choice. You can choose to either end all your sufferings and give yourself the time to enjoy life or remain miserable until you can no longer deal with it. Part of being happy is to do things that can give you some excitement and adrenaline rush such as the ones you fill when you accomplish something you never dream of doing. Engaging in adventures and embracing new challenges will make your life more exciting.

➤ ***Find Your Purpose and Don't Give Up***

Every individual has his own purpose in life. Finding something to live for and knowing your life meaning will enable you to become motivated to live a better and more fulfilling life. You have to clearly set your goals and determine what you want to achieve. This way you can easily identify the things that you have to take in order to achieve such goals. Along the path, you may experience life challenges that may test your courage, determination, and faith. The best thing that you can do is to be strong enough and committed to doing the best that you can overcome these trials no matter how big they are. Not accepting defeat and being motivated to reach your goals help you

manage simple and even complicated things in life, and eventually achieve optimal living.

➤ ***Listen to What Your Heart Says and Connect With Soul***

When in doubt about something, following your instinct seems to be the best option. You can ask for opinions or recommendations from the people you trust but in the end, you have the final say. You have to be confident when making important decisions in your life because of all people, you are the one who knows the things that are good for you and those that will have a negative effect in your life and the people around you.

Connecting with and rejuvenating with your soul makes it easier for you to focus more on what makes you happy, contented, and peaceful. Regardless of your spiritual beliefs, everything that you do in your life will have a significant impact on the lives of others. In this case, why not strive to make a positive change in this world and inspire more people to become better individuals?

### **The Key Components of Living an Optimal Life**

In some cases, due to a series of unfortunate events and certain circumstances, living a fulfilling and meaningful life can become a daunting task. Basically, you need to have a healthy physically emotionally, spiritually, and psychologically in order to live an optimal life. However,

balancing these aspects is truly not that easy. Improving certain areas of your life can be an excellent way to make your journey less difficult.

✓ **Practice Healthy Living**

The modern society has different perceptions about individuals with unhealthy lifestyle or scruffy appearance. More opportunities for growth and personal improvement as well as greater chances for optimal living will be yours if you practice healthy living. This may include having a healthy and active lifestyle and healthy relationship with the people around you.

✓ **Strive to Learn Continually**

Great things in life can be achieved if you are not afraid to make mistake and improve yourself by learning new things. Having the interest to enhance your knowledge and improve your skills will inspire and motivate you to become innovative and creative when making life changes and choices.

✓ **Find Emotional and Spiritual Peace**

Living an optimal life cannot be fully realized if you failed to deal with your emotions and recognize the value of spirituality. You are the only one who can control your emotions. For this reason, it is vital that you have a clear idea and understanding of the factors that affect your



emotional state. This way, you will know how to manage these factors in order to achieve emotional peace, which is crucial in achieving great happiness. Aside from this, emotional peace can also be achieved by learning to forgive. On the other hand, spiritual peace will make you aware of the oneness of life and acknowledge the things that will significantly improve your life and the world as a whole.



## Chapter 2:

### *Identify Where Your Life Has Issues*

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#### ***Synopsis***

As mentioned, your chances of living an optimal life depend on how you manage the different aspects of your life. In this regard, it is important that you identify the areas of your life that have issues. By determining your areas of concern, it will already be easy for you to look for possible solutions to such issues. They areas may include:



## ***Where Do You Have Issues***

### **Social Relationships**

Life is best enjoyed with presence of those who are dearest to you (i.e. family, friends, partner etc.) However, not having a good relationship with these people will have a great impact on the quality of your life. Improving your relationship with your loved ones is not as difficult as it seems. Most of the time, respect, honesty, trust, time, care, and support are what you need to become socially acceptable regardless of who you are.

### **Health Condition**

The best joy in life can be experienced by being healthy and doing all the things that you love to do with the people you love in a perfect environment. Your general health will play a significant role in all your plans and the decisions that you have to make in your life. Poor physical health can be a hindrance in your plans to participate in various physical activities and even in performing your day-to-day tasks.

### **Emotional Problems**

Like social relationship, different negative emotions and perceptions affect your goal of living an optimal life in more ways than one. These types of

emotions include the feeling of inferiority, embarrassment, guilt, and inadequacy as well as stress, irritability, and sadness.

### **Career**

Having a regular job and earning enough money to pay for your needs and luxuries are not enough to experience optimal living. You should love what you are doing. If your job is just causing you stress yet you choose to stick to it because it pays better, then you will not completely experience the joy that life has to offer. Experts advised that those who are unhappy with their current job should pursue something that they are passionate about. Having a job that is related to your interests allows you to pursue your real passion.



# Chapter 3:

## *Identify If You Are Causing Issues*

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### ***Synopsis***

You have dealt with the factors that prevent you from experiencing optimal living. How come you are not still living a quality and contented life? There are two parts of life that you have to balance and manage efficiently for you to live an optimal life: Yourself and External Influences



## ***Identify Issues***

Most of the time, determining and managing the issues that influence your life will not be enough as you also need to resolve the issues in your personal life. Self-defeating behavior and pessimism contribute to personal problems. If you are unwilling to make changes due to fear of failure, then you have failed even before trying.

Keeping your personal issues under control increases your chances of achieving personal and professional success as well as living an optimal life. The quality of your life can be determined by your thoughts. This means that if you believe that your life sucks, then it will really suck. Having the right mindset will keep you motivated to live your best life.

Sick and tired of your usual routine? This is because doing the same things over and over again can make you feel impatient and stagnant. Stagnancy in life is a sign of deeper issues that need to be resolved. Oftentimes, you feel stagnant because there is nothing that excites you to take action. Trying something new and making new experiences can make your life more interesting.

Living an optimal life starts with your own self. You have to be ready to take new challenges, try new things, and make changes. Accepting your faults and learning from your mistakes allows you to move forward.

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