



Live the Life You Desire - Now

Live the Life You Desire - Now!

It seems that everything you've ever learned is about preparing yourself for a better future. It's easy to get so caught up in the *future* that you lose the ability to enjoy the life you're living *right now*.

The Power Of The Present

The first thing you should do to take action toward a better life is to ***realize the power that the present moment holds***. There are different ways you can truly come to this realization, but the most popular and widely accepted method is meditation.

Meditation allows you to clear your mind. It's refreshing to focus on the present moment when you find the time to sit down and relax without any worries about the past or future.

This personal reflection time will allow you to sort out your inner thoughts. On the flipside, take note of the number of times your mind tries to distract you from the present moment. You'll be surprised to see just how many times your mind *steals* the present moment from you, in order to dwell on the past or future.

Enjoying The Journey

Your journey is all you have. ***Your goals are important, but it's the path you take toward your goals that yield many fruits***. You must be willing to enjoy your life and live consciously, even if you haven't yet reached your goals.

If you have a lofty goal, such as becoming a doctor or the CEO of a large company, realize that it will take much planning and years of experience. Once you reach your goal, you may feel fulfilled, but your life mustn't be unhappy and miserable until you get there!

You *can* remain happy by concentrating on the present and enjoying the journey. As you make positive progress towards your goal, ***you'll know that you're always one step closer.***

Envisioning Your Future Self

While you should spend a great deal of time enjoying the present moment, you can add to your happiness by envisioning your future self.

Reflect on the feelings associated with the successful completion of your goals. Think about the traits you'll exhibit when you have the life you desire. Now bring those traits into your present.

If you're studying to be a doctor, you're working long days for little or no pay. You're studying at all hours with little sleep. You might feel almost tortured. That's *not* the desired life you dreamt of having!

This is when ***you should be proud of the steps you've taken so far.*** After all, what you're learning now will shape your future, so you might as well approach *today* with joyful gratitude!

Live The Life You Want Now

Whether you maintain complete focus on your ultimate goals or not, ***it's important to live the life you desire right now.*** You don't know how many days you've been allotted on this earth, and you owe it to yourself to make the most of them!

Keep these tips in mind:

- Even on busy days, take at least some time for yourself
- Don't waste your time on people who don't believe in you and your abilities
- Adopt a "glass is half full" mentality

Most importantly, ***you need to believe in yourself.*** Some people are literally *afraid* of success. They'll put off action toward their dreams indefinitely because they *fear* success and *fear* that they're incapable.

You mustn't fall into this negative pattern. ***Don't waste your time on dead ends.*** Instead, take action, learn your lessons, and enjoy the journey!