

THE LIFE COACH DR.



PERSONAL SELF-IMPROVEMENT:

Part I: 16 Essential Tips to Improve Your Life

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PERSONAL SELF-IMPROVEMENT: 16 Essential Tips to Improve Your Life

1 Own the Proper Mindset

Whether you want to launch a business, cross the street, or build an empire, you – first – have to have the desire and inspiration within you ... to create it in your life. Having the [right attitude](#) is **the first** requirement to getting things done. As you persevere to accomplish your goals, proper mindset remains the KEY element that you need to reach success!

2 Be Interested ... and Interesting

Information is power. Being aware of what is going on around you paves the way to interacting actively and productively with others. By being selective about the information that you gather, you allow yourself to be more focused and you provide yourself with more-effective direction.

3 Be Healthy

Since you are the care-taker for your body, it is important that you attend to your body's needs. Keeping your body strong and healthy allows it to serve you longer and better ... to provide a higher [quality of life](#) for you. Educate yourself in the areas of healthy eating and exercising; then, follow this as your life habit.

4 Use Common Sense

Common sense includes recognizing and [living in alignment](#) with the realities of life. It includes a logical approach and the use of a studied awareness of the probable consequences of one's actions.

There are many stories about people losing everything just because they forgot – or ignored – the wisdom of common sense. Making a habit of using common sense contributes to success and makes things easier in life.

5 Smile

Sad but true! Smiling transcends almost all differences. Just think how it could add benefit to your life!

Smiling is a welcome, delightful gesture. It is a formula that works and has been proven with time. The truth is that smiling is infectious – it generates positive energy, increases good will and promotes more joy!

INDIVIDUAL HAPPINESS: Exploit the Freebies

6 Appreciate the Little Things

Look for a reason to be happy – when you look for an outcome, it is probable that you will find it. It doesn't have to be something big. In fact, you might find that you are astonished at how the little things can affect you in big ways.

7 Smell the Coffee

The aroma alone of brewing coffee can be enough to rev up your nerves. It can help you [create a more beautiful day](#).

8 Ride a Bicycle

The thrill of riding a bicycle never gets old. In fact, the idea can be likened to the aging of wine: it only gets **better** with time. You get to tickle your insides by biking. Think about it – you can look chic cycling all over town.

9 Walk Barefoot

Do this not only when you walk on the beach but also when you walk on dewy grass. Then, walk barefoot around your home. Savor the [joyous experience](#) ... and pay particular attention as it ushers you back to memories of your childhood!

10 Stretch While You Yawn

Stifling a yawn during a meeting is one thing – it is even professionally desirable. At the same time, in the privacy of your own home, it can be pleasurable to rise from bed and stretch like you mean it. Go ahead – extend your arms so far out that you can almost hear your muscles rejoice.

11 Enjoy a Bubble Bath

No matter what your age or gender, bubble baths can gratify your very soul. Don't hold back -- Complete the picture by lighting some candles. Allow yourself to revel in the pleasure.

12 Scream ... without Caring who might Hear

At times, before you can draw in positive energy, you must first release any counterproductive energies that might be standing in the way. One way to [release negativity](#) is to go somewhere private and scream. To add to your comfort you might want to use your radio or CD player to provide accompaniment!

13 Watch the Stars

Mars, Venus, the Big Dipper, and the many other twinkling constellations can be awesome spectacles upon which to gaze. Lie on the ground and revel in the presence of the millions of stars in the heavens. It's OK to imagine that they are all twinkling for you to enjoy!

14 Sing to Your Favorite Track

Humming is good. By all means, turn on your favorite music and hum along. This sends the vibrations of the music deep into your body and your being.

Then, go ahead – allow yourself to break into song! Singing aloud can be more satisfying than you might imagine! Just listen carefully to the beat, to the melody, to the words. Allow yourself to [feel the emotion](#) of this combination ... as you allow the rhythm to take you over completely.

15 Have a Chat with a Toddler

Kids can be the funniest creatures on earth. Not only can they make a big deal out of the simplest things, but also they can do it in a way that charms. Chatting with a child can be delightful – it can put things into perspective. Hearing a child’s perspective can make other more-“serious” issues seem incredibly funny and light-hearted, too.

16 Have Sex

Have mind-blowing sex with your longtime partner in places where you have never enjoyed it before. It does not have to be all 50 shades (!), but one orgasmic experience can release tension and create deep satisfaction ... both with your partner and within yourself.

Recommended Resources:

[Software to Enhance Self-Improvement](#): Get Yours Today –
Great Resources for Personal Improvement – It's **FREE!**



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