

THE LIFE COACH DR.



## PERSONAL SELF-IMPROVEMENT:

Part II: 17 Essential Tips to Improve Your Life

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## **PERSONAL SELF-IMPROVEMENT: 17 Essential Tips to Improve Your Life**

### 1 Smile

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!

### 2 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.

### 3 Adopt 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!

#### 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 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. Being selective about the information that you gather, allows you to [be more focused](#) and to provide yourself with direction.

## **GOAL SETTING: Hitting the Right Mark**

### **6 Write Down Your Priorities**

It can help you significantly to write down your goals instead of just thinking about them. Just thinking about goals – rather than writing them out – actually limits your mind. When you write your goals, it frees your mind to add new insights and ideas!

Create a guideline. A guideline helps to keep you on track. It also serves as a reminder of just how many of your goals you have already achieved.

### **7 Take on Your Goals One at a Time**

Where tackling your goals is concerned, be aware to take your time and be thorough. Yes, I know, you'd like to achieve your most-desired wishes and dreams all at once and be done with it! However, that is not realistic. [Accomplishing your goals](#) one by one allows you to be more effective with each achievement.

### **8 Be Realistic**

For ultimate success, setting realistic goals is essential. Goals that are unrealistic can be overwhelming and discourage action. So, boost yourself to success by aiming realistically. Then, go for it!

## 9 Admit Your Mistakes

By admitting a mistake, you give yourself a chance to learn from that experience. Denying – and defending – mistakes limits their ability to help you [learn new, effective solutions](#). When you admit that you have erred, you free yourself to find new ways that work!

## 10 Recognize Your Support Group

Never forget the people who have helped you along the way. We are social beings – and social support is valuable to our ultimate success. Thank those who help you as you proceed toward a desired goal; then, remember to thank them again upon completing that goal: “I couldn’t have done it without you!”

## 11 Set Time Deadlines

“Getting a promotion” and “Getting a promotion within the year” are two different goals. Establishing deadlines can help you get started. Setting time lines can increase your motivation. Deadlines can be essential elements to eliminate procrastination, help you stay focused, and boost you to goal-success.

## 12 Seek Help

Repeating your efforts several times can be a pre-requisite to success. However, when you find yourself failing repeatedly, it can indicate the need to [seek help](#). Doing so sooner rather than later can boost your ultimate success!

### 13 Accept Criticism

There are certain situations in life where criticism can be inevitable. When you find yourself being criticized, one way to move forward is to use the critical information to your benefit.

Look for elements of the criticism that you can use to better yourself. Then, go ahead and act on them to make yourself better! By creating benefits from the criticism, it serves as an asset to you. It adds positive to your life – positive that propels you to success.

### 14 Engage In a Friendly Competition

Friendly competition can be a powerful [source of motivation](#). You can use the competition as a spur to get you going because you want to be the first one to the goal. You can also let competition supercharge your actions – to empower you to succeed.

### 15 Rejoice In Your Success

Sometimes, people forget to congratulate **themselves** for accomplishing a goal. This recognition is important – AND it is important that it come from you!

Acknowledging your success allows you to support yourself. It permits you to value yourself – your talents, your aspirations, your strengths, your abilities. It is a direct expression of loving yourself.

## 16 Do It for Yourself

Run a marathon because you want to do it for yourself. This is [inner-directed motivation](#). It is essential for true satisfaction in life. “Keeping up with the Jones” may achieve goals that matter to “the Jones”, but it does little to accomplish those goals that truly matter to you.

## 17 The Vital Importance of Reward

Once you have accomplished a goal, compliment yourself on that success! This is called reinforcement. Reinforcing – or rewarding – a desirable outcome increases the probability of repeating the behavior that created that result.

In behavioral terms, that which is reinforced is strengthened. In other words, rewarding a desired result, makes it more probable that you will behave in the very ways that create it again.

## **Recommended Resources:**

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



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