

## **Amit's 100 Days of Living Consciously**

*About this little book.*

Hi Everyone, my name is Amit, author of [The Power of Choice](#) and this is my book - Amit's 100 Days of Living Consciously. I started this book as a little pet project and it is now this beautiful little collection that you see before you.

All of these points of wisdom are the little things I've learned about life on my personal journey. There are some real gems in here and you can either read them all in one go or you can try something different; if you need a bit of wisdom, quiet your mind, close your eyes and then scroll through the book and stop at point which feels right to you. The point you come to will be perfect for you and be exactly what you need in that moment.

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### **Amit's 100 Days of Living Consciously...Day 1**

*Happiness*

Being in a state of happiness, and experiencing happiness through sharing with others, are two different emotional energies. It's a good idea to have a balance of the two. At those times, when you're alone, learn how to create a feeling of non-dependent happiness. You can do this by using your imagination, creativity, memories, meditations and all the glorious interpersonal tools you have at hand.

When you're with other people and you're all having a great time carve those moments into the stone of your memory and the feelings from those moments will last even longer.

The two will feed each other and so the more you put this into practise the more your experience of life will become a happy and enjoyable one.

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### **Amit's 100 Days of Living Consciously...Day 2**

*Forget*

Count to 5 out loud or in your head. 1...2...3...4...5

Notice how you just forget about everything else for those 5 seconds?

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### **Amit's 100 Days of Living Consciously...Day 3**

*Extraordinary*

No day need be ordinary. Remember that you can make any day extraordinary just by doing a few simple things. If you feel the strain of repetition, break that cycle and throw something into new into the mix!

What can you do right now that you've never done before or maybe haven't done in a long time?

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## **Amit's 100 Days of Living Consciously...Day 4**

### *Body*

These days we all too quickly want to reach for a quick fix for our minor physical ailments. A pain killer here, antibiotics there, antacids, etc etc. Just before you do have a quick think: Do I really need this? Spend just two minutes in silent reflection and ask your body: "What do I truly need?"

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## **Amit's 100 Days of Living Consciously...Day 5**

### *Risk*

Sometimes you've gotta ask yourself which would be more painful: Take a chance and risk failure. Or, do nothing but wonder for evermore what the outcome would've been if you took the risk?

If ultimately you make the choice to go for the latter, for whatever reason, make sure you close the chapter for good!

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## **Amit's 100 Days of Living Consciously...Day 6**

### *Excuses*

Let go of those excuses you generate that stop you from doing new things.

There was a T.V. advert recently where a footballer was tripped over and he was faking the pain so he'd get a free kick. Mr T comes along in a tank and says to the guy:

"Quit your jibber jabber fool!"

If you allow your self talk to prevent you from taking action, just picture Mr T in front of you saying that! Or, say that to yourself in the best Mr T impression you can do! That should do the trick to get you off your butt and into gear!

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## **Amit's 100 Days of Living Consciously...Day 7**

### *Growth*

When you grow spiritually you automatically take those around you with you. Don't wait for others to grow and then follow from fear of being left behind because you won't really grow or it will be minimal at best. The best way to measure your growth is see how quickly you can silence yourself whilst still being aware of all that's around you.

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## **Amit's 100 Days of Living Consciously...Day 8**

### *WYSIWYG*

The Law of Attraction truly gives the saying: "what you see is what you get" a new

dimension of being literal.

If you see the world as loving and kind; it's what you will attract. If you see the world as abundant and fruitful, it's what you will attract.

If you see the world as evil and violent; it's what you will attract. If you see the world as poor and starved, that's what you will attract.

Your perception coupled with your actions shapes the world. What you perceive you receive.

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### **Amit's 100 Days of Living Consciously...Day 9**

*Rant*

Sometimes it's good to have a bit of a rant or whine if things aren't going well. If you don't expel that energy it can clog you up and lead to pent up frustration or even depression in the long run!

If something is really getting to you, don't bottle it up! Either constructively deal with whatever it is or go ahead, shout, swear, rant, vent, curse, get it out of your system! Once it's out it will actually get you to a feeling of relief and positive energy much more quickly.

Make sure you use that energy as a means to close the door on whatever it was that got you to that state in the first place.

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### **Amit's 100 Days of Living Consciously...Day 10**

*Vertigo*

Even the most brave experience a small amount of vertigo when they reach great heights when they look down! Looking down (in this case, the past) can create great waves of uncertainty. How did I get this high? What if I fall? What if I can't keep climbing? Only when you keep looking up will you be able to keep climbing up!

On occasion, it's good to admire the view though! ;)

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### **Amit's 100 Days of Living Consciously...Day 11**

*Selfless*

There are two opposing ways you can focus on the self: 1) You can focus on your problems. 2) You can focus on your growth and self development.

By focusing on your problems you deny yourself the ability to truly reach out and do something for others. In other words; being selfish as opposed to selfless. By focusing on your self development, you have the power and the ability to share that with others as you go along, ergo, you can contribute to their growth also.

The paradox is, the more focused on your self growth (selfish) you are, the more selfless you become. The reason for this is because the way to truly grow, is to help others grow

too.

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## **Amit's 100 Days of Living Consciously...Day 12**

### *Faith*

Even in the world of physics, many of the greatest theories, are generally accepted as truth. Even though we do not have concrete evidence of things such as the big bang, there is an element of "faith" involved in their conception and progression.

A good example of this is the Super String theory. Scientists "believe" that this may unlock the key to the secrets of our universe and unite the two great adversaries: General Relativity and Quantum Mechanics. But surely one day someone will ask: What gives strings their energy? What are the strings themselves made of?

So even in the world of science, where generally proof is generally mandatory, it seems you cannot escape faith and belief as the force that drives it!

Maybe science and spirituality are not so different after all?

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## **Amit's 100 Days of Living Consciously...Day 13**

### *Achievements*

Write a list of 50 things you've achieved. It may seem difficult at first but once you start you'll discover things you'd forgotten about!

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## **Amit's 100 Days of Living Consciously...Day 14**

### *Death*

As a topic of discussion death can be seen as morbid and depressing. There is a flip side which is uplifting and inspirational.

No can say with any degree of certainty if they've lived before or if they'll live again. Even those who remember past lives or even those who have near death experiences. You can be certain though that you are living now and only have a brief momentary lifespan before you take the next journey; be it death, liberation, call it whatever you wish.

So during this short time, while you're living and here on this amazing world, remind yourself that your visit will be brief. With that in mind do what you can, to not only make it a wonderful experience for yourself, but those around you too!

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## **Amit's 100 Days of Living Consciously...Day 15**

### *Release*

When you hold onto bad thoughts, negativity and bitterness all it will do is drain you. Here's a wonderful story about letting go and when you put it into practice you'll

discover how liberating it can be.

An old tale of two Zen monks:

"Two Zen monks were once travelling together when they came to a stream widened by recent rainfall. By the bank stood a beautiful young woman dressed in fine clothes. She obviously wanted to cross the water but was distressed at the prospect of ruining her finery. Without hesitation one of the monks offered to carry the young woman across the stream on his back. She gratefully accepted his kind offer. The monk helped to hoist her up on his back and without more ado carried her across and put her down on the dry ground.

The two monks then continued on their way, but the other monk started complaining. "It is not right to touch a woman, especially one so young and lovely. It is against our commandments to experience close contact. How could you go against the rules for monks?" The monk who had carried the woman walked along silently for a few minutes before replying. Finally he said, "I set her down by the river, but you are still carrying her."

What are you still carrying? What are you still choosing to hold on to that you could have let go a long time ago?

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## **Amit's 100 Days of Living Consciously...Day 16**

### *Understanding*

Whatever your perception of the world, there is an undeniable truth in that the change comes from within. Everyone will see the world in a different way; some people will choose to focus on the economic crisis; some will choose to focus on the the upheaval in Tibet; some will choose to focus on the political situation in Zimbabwe and some will focus on the rising fuel prices. Where does Personal Development fit into the the current climate?

It boils down to whether we choose to focus on the symptom or the cure. Personal Development is the cure whereas each individual problem is just the symptom of a greater underlying problem. Trying to tackle each issue one by one is kind of like masking the symptom with pain killers. It never gets to the root of the issue. The solution is understanding. A broader scale understanding that we are all one and have just this one home to share.

Do you see your family as just those around you that share a home with? Or do you see every single soul on this planet as not just an extended family but an immediate family? Try observing a stranger on the street as someone who is part of your immediate family. You will be amazed at the difference it makes to the way you feel about them. Suddenly they're no longer a threat to you. As soon as you look at the physical differences of language or culture or skin colour or any difference, those differences can make you feel the need to arm yourself. Whereas if choose to look at the similarities instead of the differences a whole different world opens up to you.

Think of them as human just as you are. Think of them as someone who is just trying to find a purpose just as you are. Think of them as someone who is trying to make a livelihood just as you are. Think of them as someone who is creating opportunities just as you are. Think of them as someone who would like to enjoy life and experience some variety. Think of them as someone who believes they are significant just as you do yourself.

Can you feel the shift within you already?

This is where the path of Personal Development makes inroads to the relationships between all beings on this small planet. It begins with a small shift and so, if we can start with ourselves, those beliefs and attitudes spread and eventually will create mass change, especially if we educate our children this way.

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### **Amit's 100 Days of Living Consciously...Day 17**

*Prayer*

Whether or not you believe a short prayer for someone's well-being makes a difference or not, just do it anyway!

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### **Amit's 100 Days of Living Consciously...Day 18**

*Fear*

Unlike what some people may think, fear is not something to be ashamed of. Think of fear as a catalyst to grow. It is at times when we feel fear that we have the incredible opportunity to expand ourselves exponentially!

Fear is just a cookie waiting to be devoured! A chocolate one!

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### **Amit's 100 Days of Living Consciously...Day 19**

*Voice*

If you don't learn to speak your mind then who will then speak it for you?

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### **Amit's 100 Days of Living Consciously...Day 20**

*Challenging*

Who said it would be easy? All the best stuff in life is always challenging! Especially when you want to excel at it.

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### **Amit's 100 Days of Living Consciously...Day 21**

*Change*

You can try to change people and circumstances as much as you wish but ultimately you will burn out. What takes less energy, and is more rewarding in the long run, is to change yourself. People become fixated on the idea that they are the way they are and there is no reason for them to change.

Firstly if there's no reason for you to change then why should anyone else change to suit your needs? And secondly, when a situation has already occurred, you can try and

change the past but that's currently beyond our realm of possibility.

Change is a bit of a nasty word, lets inter-change it with growth. If you work on your own growth you are much more likely to come out of the situation on top. It's like a game, say tennis, if you don't learn to become better at it, improve your strokes, you will always end up being the one that does most of the running.

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### **Amit's 100 Days of Living Consciously...Day 22**

#### *Teamwork*

Groups of students were given a task to complete. They had to make a complete square from a selection of random shapes given to them.

Out of the 25 groups, only 3 managed to solve the puzzle. There was something very interesting about the groups that managed to complete it. The groups that solved the puzzle; every member of the team participated in the task 100%. All the other groups, had one or two stragglers that created a drag coefficient on the rest of their team mates. What resulted was that they didn't have the resources or the power of as many minds to solve the puzzle.

So, the question is do you straggle? Or do you give 100% to your various teams in life?

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### **Amit's 100 Days of Living Consciously...Day 23**

#### *Influence*

When you open your mouth is it truly your voice that emerges or the collective influx of all the various forms of media that infiltrate our subconscious every single day?

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### **Amit's 100 Days of Living Consciously...Day 24**

#### *Connectivity*

Even modern science tells that every atom in the universe is more intricately connected that we will ever probably be able to understand. And who knows, whatever the physical represents, maybe it has it's metaphysical counterpart?

It is with this in mind that whenever I see a stranger, or I meet someone for the first time, while still going through the usual motions of the meet and greet, internally I say to myself "HELLO ME!" This is because the person in front of me and I are intricately connected, we are made of the same stuff; we came from the same soup; we were manifested by the same great universal force; they and I are part of the same universal body!

This always reminds me to treat them exactly as I would treat myself in an counter, i.e., with love, honesty, courtesy, and respect.

So in reality, anyone you meet, you are in fact, just meeting another part of yourself. :)

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## **Amit's 100 Days of Living Consciously...Day 25**

### *Time*

There is no such thing as not having the time to do something. When something is truly important to you, you will make the time.

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## **Amit's 100 Days of Living Consciously...Day 26**

### *Strategy*

Take a good look at a typical day of yours. Begin by thinking about, in percentage terms, where your thoughts are focused.

E.g.

10% on what I can do to help others  
20% on taking care of your families needs  
20% on worrying about tomorrow  
30% on thinking about the past  
10% on thinking about your goals  
10% on thinking about finances

Examine those percentages. Ask yourself and answer as honestly as possible, where are the majority of your thoughts focused and is that majority causing you to experience a particular reality within your life? If yes, then you now know, the first place to effect change in your life.

Once you know, you can then go about creating strategy for effecting change.

You can read or listen to more uplifting material on a regular basis. This is the ideal way to initiate change in yourself because we, as a society, are bombarded with information from T.V., Radio, Magazines, etc., it's time for you to start filling your head with things that make you expand and grow as a human being.

So as a starting point, create a reading list of some books that are of interest to you but you never got around to reading and begin making your way through the list. If you think you don't have enough time, then get them in audio format. Listen to them while you're cooking, cleaning, driving to work or just before you go to bed. Make it an absolute priority to undertake this program of choosing to grow through choosing what information you wish to allow into your life. You can never take complete control over it, you can however take a step towards making sure that you are feeding your intellect some level of good on a regular basis.

Go ahead, start with the percentages!

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## **Amit's 100 Days of Living Consciously...Day 27**

### *Boredom*

Boredom is just a lack of creativity. If you ever find yourself with time in your day with nothing to do, how about expressing gratitude in having those precious moments to yourself? We always complain that we don't have enough time to ourselves. I say that's just an excuse! The truth is when we have too much on we bitch about it and when we

don't have enough on we bitch about that too!

Boredom is one of the strongest most obvious signals that you're sending out to the universe that you're not grateful for the amazing life that you have and it immediately creates resistance in allowing good to come to you.

At times when you're bored it's worth taking a moment or two and expressing your gratitude for having these moments in your life where you can spend it however you choose! Anytime you get the sense that you're feeling bored, change it straight away and start giving gratitude, in that moment, for the moment!

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### **Amit's 100 Days of Living Consciously...Day 28**

#### *Boundaries*

Overstepping the boundary? Who put the boundary there anyway?

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### **Amit's 100 Days of Living Consciously...Day 29**

#### *Journey*

Life is a journey, not a destination! We've all heard that cliché before! Do you practise it? Have you ever reached a destination and felt a sense of slight disappointment? All through the journey you might have felt an immense sense of excitement but forgot to capture and appreciate those amazing feelings of anticipation and a wondrous uncertainty!

Remember each and every journey, savour it completely and fully! Acknowledge it, capture it, freeze the moment in time and soak in it's wonderful aroma!! ;-)

Love the journey!

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### **Amit's 100 Days of Living Consciously...Day 30**

#### *Gratitude*

People complain about the smallest things without truly understanding the amazing privileges we have. When that happens remember to be grateful for the smallest things. We often take comfort for granted, when the comfort is there we forget to acknowledge it but as soon as it's not there as we've come to expect we take massive action in being critical of it. Take massive action in being grateful instead and notice the difference in the way you feel!

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### **Amit's 100 Days of Living Consciously...Day 31**

#### *Talent*

There is nothing more beautiful and versatile than the human body. There was this group of young men doing some break-dancing moves that could only be described as out of this world. It must have taken them hours 100's of hours to perfect their dances.

One of the dancers was doing a handstand with one hand while bouncing up on down on his single hand.

You are capable of so much. What talent are you hiding? What is it that you can do with your body that no one else can do? Have you even given yourself the opportunity to find out what you're capable of?

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### **Amit's 100 Days of Living Consciously...Day 32**

#### *Sleep*

Good quality sleep is so important for not only your well being but your productivity also! If you're not sleeping well, or your quality of sleep is not good, find out the reasons and make changes to rectify it.

Maybe try some soothing music, some white noise, or listening to some soft volume audio books. I personally prefer the type of book where I'm learning something like a book on personal development. This is important to me because it means that if I fall asleep while I'm listening to it I'm being subconsciously fed information which is valuable to me. Also, because there's no story to follow, it doesn't mean I have to listen to consciously to follow the story! The other good thing is that you can listen to books on personal development as many times as you want because you always end up learning something new. But a story on the other hand, once you know the ending, it's very unlikely that you'll ever want to listen to it again.

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### **Amit's 100 Days of Living Consciously...Day 33**

#### *Inheritance*

Ancient Proverb:

*Treat the Earth well: It was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our Ancestors, we borrow it from our children*

We are just the guardians of Earth for the future generations. The world leaders seem to be under the impression that we can do what we like now and let our children worry about and fix whatever is left.

Really ask yourself: What state would you like to hand Earth over to your children in?

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### **Amit's 100 Days of Living Consciously...Day 34**

#### *Presence*

Have you ever been at a party or function of some kind and you notice that there is always one person who has amazing charisma that manages to be the centre of attention without even trying? They even do it humbly! Everyone has the potential to exhibit that kind of vibe and here are six things that kind of person does without fail!

1) As they greet each person, they treat them as if they are the most important person in the room! Not only that, they also take the time to introduce strangers to one

another!

2) They smile!

3) They use their body to it's full potential, i.e. they gesticulate a lot, they laugh loudly and when they dance, they dance with a purpose! Even when they walk, they walk with rhythm!

4) They emanate a cool aura of confidence that comes from genuine inner belief rather than arrogance that they are better than anyone in that room.

5) They don't try and steal the room, but through practise they've become experts in naturally taking over the room!

6) They treat everyone equally!

Want to be the attention grabber? Try employing some of these factors the next time you go to a party and watch everyone stand back and wonder at you; how does s/he do it?

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### **Amit's 100 Days of Living Consciously...Day 35**

#### *Guilt*

In today's "diet" culture, many people eat their food with a lot of guilt. They allow thoughts such as: "I shouldn't really be eating this but it's OK if no one sees me!" or "I'll allow myself just this one donut but I promise not to have any for another month!"

What happens then is consumers eat then their food habitually with an attitude of guilt! Without trying to make you all feel guilty, but that to me is a kick in the teeth to all the people around the world who are starving!! So here's the ironic thing, I am actually deliberately trying to make you feel guilty so that you stop feeling guilty while you eat! Confused? Good!

We are so privileged to be in a position to have an immense abundance and variety of food available to us 24/7! It's pointless eating it with guilt. In fact, you have a CHOICE, you can either eat it with total love and appreciation, or you can eat it with a sense of guilt. Eating it with guilt will negate much of the benefit you will get from the food! In my humble opinion, it's better to eat junk food with love and appreciation than it is to eat healthy food with guilt!

But to eat healthy food with absolute appreciation is vital for your not only your physical but also your spiritual well being! Learn to be grateful for having food in front of you. When your plate of food arrives in front of you, offer a two second silent prayer of thanks. Who are you thanking? It doesn't matter, just feel the gratitude, feel like you deserve that food, feel like you appreciate the amazing gift sitting on the plate in front of you, feel happy and celebrate the joyous feeling of being able to nourish your body!!

Remember the episode of The Simpsons where Homer sings:

"Yummy yummy yummy, I got love in my tummy and I feel like loving you!"

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### **Amit's 100 Days of Living Consciously...Day 36**

## *Hugs*

There is no greater feeling than a warming embrace from a close friend or loved one!

Amongst the youth of today it is part and parcel of the culture to greet and depart with a hug. There is something about a hug which is not only has a spiritual power, but is comforting energising simultaneously.

There are no rules for hugs! A suggestion would be to give as many possible and receive as many as you can! When you give your hugs don't keep your distance and reach your arms around the person!! Embrace fully and feel that connection that you have with the soul that you're hugging!

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## **Amit's 100 Days of Living Consciously...Day 37**

### *Observing*

Nothing exists until you begin observing. The very act of observing gives rise and creates that which is being observed. This is one of the lessons that can be learned from the new realm of quantum spiritual science. Congruently, nothing has meaning except that which the observer bestows! You give meaning to that which you see.

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## **Amit's 100 Days of Living Consciously...Day 38**

### *Doubt*

Doubt is nothing but the creation of your own mind.

With that in mind know that the path of self growth is the most brave path to choose, in fact, only a true warrior can do it. But to become a warrior you have to destroy that which may be very close to you, it is only when you do, that you advance from a soldier to a warrior. Destroy the doubt soldier!

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## **Amit's 100 Days of Living Consciously...Day 39**

### *Cycle*

You may be stuck in a vicious cycle, but the question is, who did the cycle begin with? Who has the power to end it?

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## **Amit's 100 Days of Living Consciously...Day 40**

### *Curiosity*

Remember back to when you were little. Remember having those intelligent conversations with your class mates? (As you do when you're 7 years old)

If, like me, you were very curious you might have asked something like: If everything was black and white in the old days, when and how did the world become full of colour?

Unleash your child-like curiosity just for today and find don't be afraid to ask the question of the thing you've always wanted to know!

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### **Amit's 100 Days of Living Consciously...Day 41**

*Works*

Has anyone tried to convince you that their method for doing something is the right and best way? It is more important to be concerned with what works rather than what is right when put into practise.

If someone says to you their method of prioritising is the best ask them to demonstrate and try for yourself. If you don't try other methods though you will have nothing to compare it to.

Trying to force ideas onto people is never a good strategy for getting them to take note of your methods. Usually, great ideas speak for themselves but you have to share them in a constructive way. So, instead of trying to convince, just learn to share the idea economically rather than trying to stamp the idea on the other persons forehead. If it's something they're truly interested in, they will ask questions, but if they're not interested, not only have you conserved energy, but you may still have a friend at the end! It's a win win strategy!

I understand how people can get a bit too excited exclaiming that their method is superior but allow people the chance to find out for themselves what actually works for them. We're all different and we have our preferences, so what works for you may not necessarily work for everyone!

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### **Amit's 100 Days of Living Consciously...Day 42**

*Three*

It only takes three seconds to go from being stressed to being calm and in control of the situation. If you find yourself getting stressed out and you begin to lose control; try the following:

1st second - In the first moment become aware of what you're feeling

2nd second - Offer yourself a choice on what you could experience as an alternative

3rd second - Once you enter the alternate experience notice your feelings now. Your productivity will jump! You will also get to a point where you'll began enjoying the tasks and challenges ahead of you once again!

Next time you're in a tough situation just remember how to change it all in 3 seconds.

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### **Amit's 100 Days of Living Consciously...Day 43**

*Friends*

It's never be too late at night or too early in the morning to phone a true friend if you need too!

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## **Amit's 100 Days of Living Consciously...Day 44**

*Guts*

Can you feel it in your gut?

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## **Amit's 100 Days of Living Consciously...Day 45**

*Spirituality*

Spirituality is not about your spirit, it's about our spirit!

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## **Amit's 100 Days of Living Consciously...Day 46**

*Strangers*

Within the next few days, do something kind and unexpected for a total stranger!

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## **Amit's 100 Days of Living Consciously...Day 47**

*Focus*

On a typical day you might be tempted to focus your energy and attention on several aspects of your life and personal development. But what might happen is that you may end up putting a strain on your mental resources because of you'll shift from one area like your health, then suddenly move to your finances, then jump to your studies etc. That can be truly exhausting.

When you wake up in the morning, make a firm decision about what area you would like to focus on. Lets say that you choose to focus on your health, then stick to that and that only. Choose your affirmations or meditations accordingly and when you're filling your moments of quiet time while riding the bus, you almost have a mini plan and hence your thinking will be much clearer.

Vary it from day to day. Spending too long on one area could possibly lead to boredom. It's like exercise; you change your activity to get some variety and keep your body guessing. Do the same for your internal training and you'll find that your clarity will and focus will reach new highs.

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## **Amit's 100 Days of Living Consciously...Day 48**

*Advice*

We never find it easy to implement the ideas unto ourselves that we so beautifully and devoutly give to our friends and loved ones in need. The instant we see a friend or loved one who is in need of counsel we're more than happy to dig deep and find a solution to their problem. More often than not your solution will be unlikely to fix the situation but rather the fact that someone was there to listen and invest time in them.

Likewise, when you find yourself walking a plank and with nowhere to turn, ask yourself this question: What advice would you give a friend if they were if they were in the boat? Suddenly you'll find yourself digging deep, investing time in yourself the same way you would were it really a friend that needed your help.

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### **Amit's 100 Days of Living Consciously...Day 49**

#### *Driving*

In the U.K. it's illegal to talk on a mobile phone, without a hands-free kit, while driving. Today was one of the few days that I forgot to take my hands-free kit with me to work. As I was driving home, I got a call from my best friend, we began talking and a police patrol saw me. So they did a "U" turn and pulled me over.

I was totally aware of what was about to befall me so I decided to pull over even before the police got near me. They pulled over just in front me and approached the car. In those few seconds, I had made my choice about what I wanted this encounter to be. I knew I couldn't change the fact that I was about to be fined and given 3 penalty points. What I decided was that I would just be polite and friendly and just allow the officers to do their job.

They beckoned me to step out of the car and go over to them. They went through the motions writing out the ticket and doing what they needed to do. While they were doing so, I just decided to strike up a conversation and by the end of it, I had them laughing and smiling. In fact, I even began telling them about the power of choice and how I was a firm believer that it was through my choosing that the situation arose. One of them commented that they wanted to give me an award for being the friendliest person they'd ever had to deal with.

I wasn't frustrated that I was given a £60 fine, I wasn't upset that I just got 3 points on my licence even though 3 points had just come off. Nope, I actually went away and I had a smile on my face too. I actually went away because in some small measure, I restored their faith in people. I did get the impression that what happened today, i.e., because I treated them like human beings and not people who were out to get me or there to harass innocent drivers, will have a lasting impact on both the officers.

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### **Amit's 100 Days of Living Consciously...Day 50**

#### *Stand-out*

Sometimes you have to do something that makes you stand out from the crowd. You won't always do things that people will like you for but it will always be something people will remember you for and that's most important.

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### **Amit's 100 Days of Living Consciously...Day 51**

#### *Criticism*

I want you to take a good look at yourself and your thoughts and ask yourself to what degree are you a self critic and to what degree are you self constructive? If you spend much of your engaged in self critical inner chat then it's unlikely you will ever be able to

get the results in life you truly want. Whereas if you were to engage in a more healthy inner dialogue of constructive evaluation and then ask yourself "what can I change to do things better?" Then you will begin to automatically make changes to your actions without even realising it. You will begin to become more proactive and take the necessary steps towards your goals. Its a form of self coaching whereby you are not too soft on yourself and neither are you too harsh on yourself but you find the balance in getting the right kind of self talk to enhance the quality of your life.

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## **Amit's 100 Days of Living Consciously...Day 52**

### *Balance*

Just as overt aggression doesn't achieve much in the long run, the same goes for being passive. The most beneficial place to be is one where you know how to assert yourself where it is needed and then take a step back and let others share when they need to be heard.

Firstly, assertiveness comes from knowing that what you have to say is important and it counts. If you believe that your ideas don't mean much and no one will want to listen to them, you'll go straight into passive mode and afterwards, the chances are, you'll end up regretting it. Thoughts like: "Nah, that's stupid, if I say that people will think I'm silly!" Will naturally cause you to pull back and regress into yourself. So the next time you notice yourself doing that you've got to break that habit and say to yourself: "I'm going to share my thoughts and ideas because I count and they are great ideas!"

Validate yourself, thought and ideas on a regular basis to get yourself into the habit of creating a more assertive thought pattern and hence becoming more assertive in your day to day situations.

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## **Amit's 100 Days of Living Consciously...Day 53**

### *Action*

If you wait for others to take action so that you can complete something, chances are you'll be waiting for a long time! It's better to do whatever is necessary, even if it means doing it yourself!

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## **Amit's 100 Days of Living Consciously...Day 54**

### *Experience*

Virtually anything can become a spiritual act or a meditation when you embed 3 things into your consciousness. It could be singing, dancing, rapping, climbing, golf, tennis, painting, writing, driving, playing, sex, bathing, yes, absolutely anything at all!! All you have to do is practise these 3 mantras converting them into an inner dialogue or script that gives you some fire in your belly! They are:

1) Remember that you have a wonderful gift, a body through which to experience and perform action through so that may experience emotion and action. You were given the gift of your 5 senses so that you could process, colour, contrast, smells, tastes, make tactile contact, make love or scream according to whatever emotion you choose to experience!

2) Whatever it is that you're doing, when done in a powerful frame of mind, can enhance not only your experience, but your result too. The stronger and more focused your level of thinking will assist in giving you the greatest result. I was reminded recently of a strength test you can do whilst varying your state of mind. You will always find that you will be stronger while in a positive state than when you're stressed or feeling low.

3) No matter the activity, think of it as "my time to grow". It's important to have fun but the fun expires quickly unless you're learning and growing. So consciously tell the unconscious that through this activity you will now get better and have fun whilst learning. This act is spiritual because it is contributing to my spirit becoming immersed in the experience of now. It is in the now that truly pleasure lies.

Remember to try different things too. There is never any harm in trying something new and more than likely you going to make new friends and discover something about yourself that you never knew!

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### **Amit's 100 Days of Living Consciously...Day 55**

#### *Practice*

Remember to put into practise that which you learn. Your real life is also your practise ground.

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### **Amit's 100 Days of Living Consciously...Day 56**

#### *Present*

If you're ever in a position where you're having difficulty focusing yourself or you're lacking clarity, ask yourself this question: - Am I in the present moment?

Fogginess comes from being drowning in thoughts about the past or future, returning to this moment is the simplest way of regaining your focus and clarity.

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### **Amit's 100 Days of Living Consciously...Day 57**

#### *Repetition*

Have you ever noticed that the second time you watch a movie you'll see things you never noticed before?

Life is repetition and you get the true pleasure in learning to see the same things in a new way!

Learn to see the sameness with newness. It's those people who truly get to experience true joy in life!

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### **Amit's 100 Days of Living Consciously...Day 58**

#### *Variation*

You may be fit strong and healthy. You may have a regular routine that has helped you become that way. Have you noticed how, even though you're fit and healthy, that if you try something new you'll hurt and ache afterwards?

You're using the same muscles just in a different way. It's pushed you to another level and caused your muscles to grow. Every couple of days try a new physical activity, game or movement and rotate it regularly to keep your muscles growing and to keep your body strong and supple.

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### **Amit's 100 Days of Living Consciously...Day 59**

#### *Help*

Your job is not to help people. Your job is to show people HOW they can help themselves. Every single person on the planet can help themselves. They just sometimes need the spark so that when the ignition turns, the engine fires up! ;)

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### **Amit's 100 Days of Living Consciously...Day 60**

#### *Healing*

Create some time to do the following: Sit in a relaxed place or position, this can be done anywhere. Close your eyes and quiet your mind just a little. Listen carefully to your body. Listen to everything going on. Listen to the new cells being created replacing the old cells. Listen to your heart pump your blood around your body. Listen to your lungs expand and contract. Listen to your body absorb the water that you drink. Observe your body extracting the nutrients from your food and nourishing the body. Observe your eye movements. Observe your body send signals to the brain at the speed of light and with absolute precision.

Without even being aware, your body does some amazing things.

Now try this. With your eyes still closed and in your relaxed state, ask your body if there is anything it needs? Stay alert for an answer. Once you have your answer, if there are any problems you have with your body, lets say, you have a bad back. Whilst in the same relaxed state converse with your body and ask those secret governing forces to heal the part that needs healing. Once you've made your request, say thank you 3 times.

How did this make you feel and did you notice anything unusual while doing it?

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### **Amit's 100 Days of Living Consciously...Day 61**

#### *Creation*

Creation is literally in the eye of the beholder. You are the creator of your own world.

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### **Amit's 100 Days of Living Consciously...Day 62**

### *Vista*

When you climb to the top of a hill or mountain, you stand back in awe of the fabulous view. How is the view itself different from being a part of the view? You will always be a part of the landscape but just remember to climb the mountain once in a while and enjoy the stunning view!

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### **Amit's 100 Days of Living Consciously...Day 63**

#### *Leverage*

Some people get just the right amount of leverage by leaving things to the last minute and then using the rush and stress to motivate them to completion. In some cases that is a valid and a good strategy to use. The trick is though to use it only when you have to and when the need arises. At other times, plan and do, way ahead of time! If you always leave things to the last minute you will always be in stressed state. Whether that gets you good results is irrelevant, it still leaves you in a state where you cannot be relaxed and happy. If you do plan ahead, not only do you get the good results but you can then kick back and chillax too!

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### **Amit's 100 Days of Living Consciously...Day 64**

#### *Knowing*

Are you the passenger? Or, the driver of life? The trick is to know when to be a passenger, and when to be a driver.

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### **Amit's 100 Days of Living Consciously...Day 65**

#### *Persistence*

Persist persist persist

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### **Amit's 100 Days of Living Consciously...Day 66**

#### *Humour*

Comedy is an essential life skill because laughter is so important. If you think you're not funny learn to be like some of the great stand up comedians. Learn to tell jokes, not take life so seriously and just have a bloody good laugh at yourself.

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### **Amit's 100 Days of Living Consciously...Day 67**

#### *Coaching*

You don't have to be a fully trained and qualified life coach to coach people, make a start now by practising on your friends! Working with strangers is easy, but bringing about transformation with your friends is where the real challenge lies!

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### **Amit's 100 Days of Living Consciously...Day 68**

#### *Quote*

Here is one of the most amazing quotes you will ever read:

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us most. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, and famous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in all of us. And when we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." - Maryanne Williamson

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### **Amit's 100 Days of Living Consciously...Day 69**

#### *Practise*

You can't always practise everything you preach. Trust me, you'd be exhausted!

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### **Amit's 100 Days of Living Consciously...Day 70**

#### *Cool*

If you enter a debate or argument and you lose your cool while the other person maintains theirs; you've already lost.

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### **Amit's 100 Days of Living Consciously...Day 71**

#### *Dialogue*

Some people say the first sign of madness is talking to yourself. In truth the time to start worrying is when you stop talking to yourself!

The quality of your inner dialogue is crucial for a happy healthy mind.

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### **Amit's 100 Days of Living Consciously...Day 72**

#### *Participation*

Wherever you are and whatever you're doing, participate fully and consciously! Be aware of your surroundings, the chemical changes within you. The expressions of the people around you. There is so much going on in every single moment, for the first time in a long time, truly open your eyes and see!

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### **Amit's 100 Days of Living Consciously...Day 73**

You only have to take a good look around in society to see the Law of Attraction in action and to understand it's power.

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### **Amit's 100 Days of Living Consciously...Day 74**

#### *Tone*

How often do you let those around you set the tone, pace and general feel of your life? At work for example, is the general tone and feel of the office or your department quite somber and does that mean that you too are that or in the process of becoming so? How about, for a change, you set the tone, pace and feel of your surrounding environment.

It doesn't take much to be the one holding the reigns! All you've got to do is introduce some spice. Maybe start a little friendly competition of some sort of take some "creative inducing", as opposed to stress relieving, toys to the office.

So quit complaining, if you don't like it change it to the way that you would like it to be and set the tone from now on!!

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### **Amit's 100 Days of Living Consciously...Day 75**

#### *Problems*

When you grow and become a more empowered individual, many people will always see you smiling and make the assumption that you no longer face challenges. That is not the case at all, the more you grow, the greater the challenges become!

When you have problems people immediately jump to your aid and that in itself can give you a nice feeling of being loved and getting attention. When you choose to speak of your challenges less, the less attention you get and so that in itself can also become a challenge.

However you will also get people who will acknowledge your achievements and then seek your counsel so that they can then perhaps make the same or similar challenges to your life.

So you see, problems don't go away, they change form, you just become much better equipped to deal with them effectively.

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### **Amit's 100 Days of Living Consciously...Day 76**

#### *Tricks*

Time is just a trick of the mind, your experience of time will change according to the way you feel. When you learn to master your feelings you will be a master of time.

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## **Amit's 100 Days of Living Consciously...Day 77**

### *Solitude*

Solitude is one of the primary keys to personal power. Watching t.v. alone doesn't count! You can use music in your periods of solitude but pure silence is the absolute way to go and the longer you spend alone, the stronger you will become. Use any tools you choose, meditation, breathing, yoga, but make this time an absolute must as part of your regular schedule!

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## **Amit's 100 Days of Living Consciously...Day 78**

### *Visualise*

Scared of something? Visualise the most brave individual you can think of, fictional or real, and emulate that person right down to the last facial expression or syllable they utter! You will automatically absorb and exude the courage that you need!

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## **Amit's 100 Days of Living Consciously...Day 79**

### *Greatness*

What if you were to see yourself as great and to also see all those around you as great too?

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## **Amit's 100 Days of Living Consciously...Day 80**

### *Success*

Success comes from successful thinking. Sounds pretty obvious and straight forward. However, how often do you catch yourself subtly thinking and visualising thoughts of failure?

Again this all comes down to conditioning and the good news is that conditioning can be altered with relative ease and commitment.

Today I was looking at a headline in the newspaper and immediately I felt a sense of fear. It is the habit of the media to strike fear into people with the headline to make them want to pick up the paper and purchase it to read the rest of the story. Again this is all conditioning. As soon as I caught myself get caught up in that line of thinking I turned away from the paper and continued with my own conditioning, that of gratitude!

If you truly want to change your life, you got to look at what level of conditioning you have and then change it into the conditioning of the person you would like to be.

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## **Amit's 100 Days of Living Consciously...Day 81**

### *5-A-Day*

Just as it's good for your body to ingest 5 fruit and veg a day; it's also good to have your 5 have your 5 fruit and veg for the soul. These are

- 1) Meditate
- 2) Smile
- 3) Laugh
- 4) Give
- 5) Appreciate

Just keep reminding yourself to incorporate these 5 things in every single day and the quality of your life will change dramatically!

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### **Amit's 100 Days of Living Consciously...Day 82**

*Power*

We truly have amazing power within us. Are you truly tapping into your full potential?

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### **Amit's 100 Days of Living Consciously...Day 83**

*Joy*

It is not your job in life to make others happy. Do not fall into that trap. You and only you alone are responsible for your well being and happiness. As soon as you try and put that torch into someone else's hands you set yourself up to be hurt. Instead, find ways of making yourself happy and then through your happiness, increase other people's enjoyment of life. Yours will increase concurrently!

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### **Amit's 100 Days of Living Consciously...Day 84**

*Plateau*

In every pursuit it's easy to hit a plateau. Lets say for example you decide that you no longer want to use the lifts at your office and you decide you want to use the stairs from now on! You work on the 5th floor and so every day you walk up the stairs. Now what will happen is that you'll expect yourself to get used to the stair climbing pretty quickly!

However, it doesn't quite work like that. For the first week or two you may even find yourself getting more tired and more puffed out by the time you reach the top and then you'll hit a point where you get so tired where you feel like you want to stop doing it! That is exactly the point at which you must continue!

If you give in at that point, you'll enter the world of fruitless repetition where you may try again in about 6 months but the same thing will happen again! It's at that point where you get the most tired that you must choose to continue because it's when you push yourself when you least feel like doing it is the time that you will grow the most and when you will overcome the plateau!

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### **Amit's 100 Days of Living Consciously...Day 85**

*Choose*

We are not inherently born good or bad, we choose what we become along the way. Yes there are other factors involved, like parental influences, peers, environment, among others. Ultimately though, no matter the external factors it is always the inner voice that dictates what we do and that inner voice is always under our control. Choose every action consciously!

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### **Amit's 100 Days of Living Consciously...Day 86**

*Regret*

A truly important question to ask yourself when facing a tough decision is this: 10 years from now, looking back at this very decision, would I like to look back with pride and gratitude at the decision I made? Or would regret suit me better?

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### **Amit's 100 Days of Living Consciously...Day 87**

*Reflections*

You see the world as a reflection of yourself

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### **Amit's 100 Days of Living Consciously...Day 88**

*Relativity*

It's not about special relativity so much as relativity which is infinitely special. It's with the true gift of contrast and relative experience that we enjoy the greatest things that can possibly be imagined. Everyday give extra special thanks for the special relative universe you have the great gift of being a part of.

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### **Amit's 100 Days of Living Consciously...Day 89**

*Exceptions*

There are always exceptions to the rule. Those who find the exceptions to the rules of life are the ones who will live it to the full! In essence, become the exception to the rule if you truly want to shape this world into a better place.

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### **Amit's 100 Days of Living Consciously...Day 90**

*Luck*

Luck may favour the prepared but life favours the grateful.

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### **Amit's 100 Days of Living Consciously...Day 91**

## *Grateful*

Why be even more tough on yourself if you're having a genuinely bad day? Being tough on yourself is the worst way to overcome that feeling as you'll just dig yourself deeper and deeper into it and then you'll just end up feeling even worse! When you punish yourself with guilt and frustration you doom yourself to repeating the same cycle over and over. The next time you have a bad day, instead of cursing yourself and trying to make yourself feel guilty, try this approach. Say to yourself; "I'm having a bad day and on this day, because I feel bad I will do whatever it is I feel like doing! Whether that doing a movie marathon or eating all the foods you know are bad for me! I'm thankful for this time, as it makes me appreciate even more the good days that I have!"

When you no longer punish yourself and you turn your guilt into gratitude, you will find that automatically you will start to feel much better faster and before you even know it your bad will be over and it'll end up being a great and productive day!

The next time you catch yourself cursing or making yourself feel guilty, turn on the gratitude switch instead and you're almost guaranteed that the guilt and cursing will extinguish.

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## **Amit's 100 Days of Living Consciously...Day 92**

### *Meaning*

Life has no meaning or purpose except the meaning and purpose you choose to give it. So, now you know, what does life mean and what purpose does it hold for you?

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## **Amit's 100 Days of Living Consciously...Day 93**

### *Wisdom*

You can only learn new knowledge fully once you've fully lived it and applied it to life. That is called wisdom and when you have wisdom you're in a position to then share that with other people. Anything else is just empty words.

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## **Amit's 100 Days of Living Consciously...Day 94**

### *Negativity*

It can be quite easy to get overcome by someone's negative energy when you're in their presence. What it will be worth doing on your part is instead of focusing on their negative energy, focus on your positive energy and then what you will find is that your positive energy will envelope and transform them.

This may sound like a bit of new age mumbo jumbo but try it for yourself and see. If you notice someone, a friend or stranger, being totally negative and only sharing their stories of what's wrong in their life, stop them in their tracks!! Then, don't talk about what's good in your life but rather find out what they like or enjoy and then fully participate with them in that enjoyment, show interest and ask questions to get them excited. You'll see for yourself how fast the energy and dynamic of their persona will

change!

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### **Amit's 100 Days of Living Consciously...Day 95**

*Rushing*

Kitaro Nishida said: "If my heart can become pure and simple like that of a child, I think that there can probably be no greater happiness than this."

While I was reading this quote in my little Zen companion book on my desk at work, it made me realise the simple truth that as children we become so eager to become adults and when we become adults we become eager to become like children.

I had written this a few days ago and just after I had written this a person I am life coaching came to me and said those exact words, almost word for word in a conversation we were having. It's something we all realise and yet we repeat those mistakes onto our children by letting them rush into adulthood only to find that they don't like what they see and want to go back to their childhoods.

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### **Amit's 100 Days of Living Consciously...Day 96**

*It*

Isn't it funny how when you stop looking for "it", "it" shows up knocking at your door?

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### **Amit's 100 Days of Living Consciously...Day 97**

*Perception*

It's not about the sight you see, it's about the insight you see it with!

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### **Amit's 100 Days of Living Consciously...Day 98**

*Oneness*

People talk about six degrees of separation, but that's just on the physical layer! When we get down to metaphysics, it isn't six degrees, it's zero degrees because ultimately we are all connected. When you go back to the big bang singularity, you, me, the car you drive, the tree across the street, the rat in your garbage were all just a mass of vibrating energy until we chose to explode in the great cosmic awareness that we are today. As Pythagoras stated everything in this universe will return to it's original state so sooner or later, you, me the car you drive, the tree across the street, the rat in your garbage will all coalesce again into one single mass of vibrating, infinitely dense energy. Everything in this universe is forever connected.

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### **Amit's 100 Days of Living Consciously...Day 99**

*Paradox*

Whoever designed life had a great sense of humour. S/he obviously knew that making life easy would not be fulfilling for the human spirit so they decided to create the paradox project and built it into the fabric in life in many ways to keep us guessing, not because they felt like being cruel or deliberately frustrating us, but to challenge us and our way of thinking. For me, life isn't there to be figured out, it's there to take us to the next evolutionary jump in conscious, to facilitate eternal growth.

In order to become selfless, you must first become selfish. In order to become selfish you must first become selfless.

You cannot help others until you help yourself. You cannot help yourself until you help others. If you want to change the world you must first change yourself. To clarify, if you want to be in a better position to help others or to help the world, it makes perfect sense to prepare yourself for that task. In preparing yourself you will find that other people will come to you for your support and your guidance. The selfishness comes in the form of valuing yourself and your time. The selflessness comes from not turning people away when they need you. It will forever be a paradox the you will face on whatever path of growth that you choose

There is another law that I call the law of simple complexity, or, as I call it, the simplicity! In the process of learning knowledge, everything will seem simple as easy. As you learn more and things may seem more complex and difficult to grasp. Then ultimately you realise it was a simple principle behind the whole thing and so you have one again returned to simpleness. I believe that no matter how complex this universe may seem that ultimately it is made of simplicity.

You will find these paradox's wherever you go and in whatever you do. Their purpose is also a paradox. It's not meant to be understood, it's meant to be enjoyed!

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## **Amit's 100 Days of Living Consciously...Day 100**

### *Summary*

There are 10 things I want to share that will enhance the quality of your life, remember and use these 10 things and I promise that you will life will be more happy, enjoyable and fulfilled!

1. Have fun with life. Don't let your first response to people be about how stressed out or how depressed you are or about how busy you are. Always start you interactions on a positive note. If during your interaction you need to talk about your challenges then do so, then finish where you started, on a happy and light note, sharing what you've learned through that encounter, or just share a joke!

2. Challenges don't disappear; they change form. Notice I say challenges and not problems. Problems are barriers, challenges are hurdles, hurdles can be leapt, it just takes a leap of faith. Barriers need to be broken down and take much more energy! It may appear to you that other people don't face challenges, or that their challenges are not as challenging as the ones you face. That's your own mind creating a story to hold you back from being where it is you want to be. Running away will not take away your challenges, changing jobs because you have a horrible boss won't take your challenges away, they will change form. When challenges arise, face them head on!

3. Whatever your religious or spiritual beliefs, don't hold so tightly to them so to you nothing else is true. Keep and open mind and listen to others when they share. Every one's point is valid and there is truth in every way of thinking as it all comes down to

perception! There's no need to challenge anyone else's beliefs either, respect them, appreciate them, and share yours with spiritual pride. Views are not there to be converted, they're there to be enjoyed and appreciated.

4. Our children's education is not just dependent on the teachers. I consider every single child on this planet as my children and I make it my responsibility to educate them. Education doesn't necessarily have to be of an academic nature, in fact, most often that's not real education. Real education comes from what children see us do and then, in turn, emulate. Whether we like it or not, we have a responsibility to them as they will always follow our actions. They will adopt our attitudes and they will look to our actions to shed light where for them, there is none. Make it your responsibility to educate every child on this planet. The more we educate them, the more they will be prepared to deal with the challenges they will inevitably face.

5. Learn NLP. NLP (Neuro Linguistic Programming) has some pretty impressive, no nonsense, tools that you can use for improving your life. It will be one of the best investments of your time and money that you can make. You don't have to become an expert, even learning the basics from any "off the shelf book" and acquiring a basic understanding will improve the quality of your life and your relationships. It will enhance your skills no matter what profession you're in, whether you're a house husband, a lawyer, a high powered business woman, it will benefit you!

6. Even if your life is going amazingly well, get a Life Coach! I'm not being biased in this because I am one! In fact, when your life is going amazing is the best time to get one because they will be able to work with you to enhance your performance! If your life isn't going so great, get one and you'll be amazed at the results. They don't perform magic, they just know how to elicit the best from people!

7. I've said it before many times and I'll say it again! Follow the 5 a day rule! Make sure that you incorporate these 5 things into your day, every day! 1) Meditate, 2) Smile, 3) Laugh, 4) Give, 5) Appreciate! They don't have to follow any particular order but if I were to say one was mandatory, it would be number 5, to appreciate and have gratitude for everything in your life! If you can do that one consistently and regularly then the other 4 will pretty much come naturally!

8. If you're not sure what to do with your life the sure fire way of getting out of that rut is to put yourself out there and try different things. Watching EastEnders, even at the best of times, isn't going to improve the quality of your life. What will is being social, interactive and experimenting with various activities like a sport or doing some charity work! Activities like that will enhance your focus and give you some clearer purpose and direction. The rule of thumb is to do something that completely takes you away from what you would normally do. If you're normally on a computer or games console, then get out there and try a new sport or go speed dating! Anything that challenges who you are is worth trying once!

9. So often these days the first thing a person will tell me about is how tired they are! I'm no doc but one of the main reasons why people get so tired is because we're so used to cars and junk food and living a lazy lifestyle it's no surprise that lethargy sets in. We're no longer used to physical exertion! When you feel tired is the precise moment you should get up and do some physical activity, push your body beyond what it's used to and soon you'll start feeling less tired! Another reason is lack of "good quality" sleep. Even if you're consuming small amounts of caffeine, your sleep will be affected. Cut out as much caffeine as possible and watch your quality of sleep jump from 3/10 to a 8/10 and you'll feel more fresh and rejuvenated. You'll actually wake up feeling like you've had enough sleep and be ready for your day!

10. Last but not least, tip 10 is read [my blog](#) and make it part of your daily spiritual digest! I'm partly jesting and partly serious. You are valuable and important, make sure

you make time for yourself on a regular basis. Whether that be 20 minutes a day to have some quiet time or whether you take 1 whole day a month and dedicate it to yourself is up to you but make it a regular ritual! We dedicate so much time to everyone else and unless we take the time to look after ourselves and nurture our well being that any pleasures in life will be short lived. The more you make time for yourself and take a step out of your life and become a spectator with an attitude of gratitude the more you will feel naturally happy and the more you will enjoy life.

Thank you.

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