

Inspirational Insight

Everyday in Every Way My Life Gets Better and Better!

This is an affirmation I use myself. It reminds me that today is an opportunity to be more than I was yesterday. It's also impossible to say without smiling therefore guarantees I start each day with a grin.

Why not decide that from this day forward you will dedicate yourself to improving your life a little day by day. Be more today than you were yesterday and tomorrow, better still. Little by little do small things that improve your life. I just want you to be aware that no matter what your current situation you can always improve. You could learn something new, go somewhere different, be kinder, fitter, healthier, it doesn't matter just something that maintains your personal development and will impact on your life quality.

Life is a journey so it is important to keep moving onward and upward anything less will leave you feeling dissatisfied and stressed. Think about the people you know that are stressed and unhappy with their lot. Are they stuck in a rut? Do they make an effort to improve their life? Be different and make it happen for you. Ensure that everyday in every way your life gets better and better. Having this positive approach in itself will have a huge impact and, that means today better already.

Action: - Use the affirmation

Every day in every way my life gets better and better!

Repeat it 10 times every morning and evening. In addition consciously do something to contribute to your personal development. Every night record down in your special note book what you achieved today and what you plan to do tomorrow. This will help keep you focused and will be fun to look back on.

DO YOU WANT MORE FROM LIFE?