

10 Steps to Emotional Health and Vitality

At any particular moment, you are adding to the sum total of peace or the sum total of hostility on the planet. It's your choice how you approach each of your conflicts and challenges.
- Ron Hulnick

1. Practice forgiveness!

Let go of anger. Let go of guilt. Let go of recrimination. Let go of blame. They all poison your body, your mind and your spirit. They all limit your ability to be free of the past in order to be present in this moment and to create the future you desire. They, in fact, imprison you in your own private hell. The key to unlock this prison is forgiveness.

2. Be grateful!

Life is a gift. Relish it. If you can read this, you are better off than half the people on this planet. If you are reading this, you are better off than 90% of the people on this planet. Each breath should be an expression of gratitude. Let other people know how much you appreciate them and you will find yourself appreciated.

3. Be loving!

Start with falling in love with you. Be kind, compassionate and loving to yourself. Then, give the gift of you to others. Offer your smile, your kind words, your support, your friendship, your compassion and your love to others.

4. Build your self-esteem!

You are special and unique. You are a miracle. You are a gift to the world. Who you are and what you do matters. Remind yourself of that every single day. Affirm your value.

5. Develop passion!

This is your life. Get excited about it. Seize the day. Seize the moment. Develop a burning desire for something, anything, that causes you to jump out of bed each new day with eager anticipation.

6. Choose your attitudes!

How you feel is up to you. You can choose to be happy. You can choose to be joyful. You can choose a positive mental attitude. You can choose to feel powerful. You can choose victory over victimhood. Develop an attitude of gratitude. Develop a winner's mindset.

7. Spend time with you!

Become your own best friend. Get to know you. Spend a little quiet time with yourself each day reviewing your value, your values and your progress. Coach yourself in self-improvement.

8. Opt out of abusive relationships!

This is critical. Don't let anyone abuse you physically, emotionally, mentally or spiritually. Not your spouse; not your family, not your friends. Walk away. Get help if you need it. Surround yourself with people who uplift you and get away from those that denigrate you. Do it now.

9. Forego fear!

Fear is a killer. It also prevents you from thinking clearly. It stops you from self-actualization. Fear creates anger and hatred. Fear is often used to manipulate you. Whenever anyone attempts to use fear as a motivator, walk away.

10. Smile!

Don't worry. Be happy. Today's little problems will be tomorrow's chuckles and adventure stories