

## 7 Things You Can Do **RIGHT NOW** to Improve Your Life

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1. Start voicing and thinking about what's **right**, not what's wrong.  
*Whatever you repeat to yourself, aloud or in your thoughts, impresses itself on your subconscious mind. Whatever is impressed on your subconscious mind must be created and experienced in your day-to-day life. Be vigilant!*
2. As you're falling asleep at night, recall at least five successes.  
*Focusing on what you've done right during the day allows you to consider yourself a successful person. As we all know, success breeds success.*
3. Forgive yourself.  
*We all make mistakes. Note the lesson in your error, forgive yourself and move on. What you focus on expands, so why bother focusing on mistakes? While you're at it, forgive someone else. If you think you can't, pretend to. Imagine what it would be like to forgive that person, and do your best to stick with this pretense. The grudge you hold doesn't affect them anyway, but it sure poisons you. Let it go.*
4. Spend one day a week making decisions based on your feelings.  
*If your logical mind tells you to make a certain choice, but you get a funny feeling in your heart or gut, follow the feelings. You'll be right every time you follow your inner guidance system.*
5. Pretend everything is all right. Pretend it all the time.  
*Act as if you're living the life you want. Do this with conviction and certainty. You'll be amazed at how that life seems to magically unfold, right before your eyes.*
6. Speak well of other people.  
*Especially the prosperous, healthy and beautiful. What you focus on expands in yourself. Don't gossip. Even if everyone is harping on what's wrong with the boss, the new guy, or the president, refrain. Your words have more power than you know, and when you complain in groups, the damage is exponentially worse. It all comes back to you anyway, so be kind.*
7. Let someone do something for you, and enjoy the feeling of appreciation.  
*You know how good it feels to receive thanks for something you've done. Allow someone else to feel those good feelings too. Just say "thank you" and mean it.*