

WELL BEING TIPS

(SHORT PREVIEW)

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1) Tips to Falling in Love With Yourself:

To be able to be loved, you must love and respect yourself as much as you do others.

Understanding the effects of loving yourself will only enhance your ability to love others.

➤ **Take Care Of Your Body:**

Everything you eat has an influence on your mood and energy levels. If you're feeling depressed and exhausted, take an honest look at what you are eating. Everyone reacts differently to different foods, but with experimentation you can discover the fuel that results in best performance.

➤ **Use Your Strengths:**

Think about the top three accomplishments in your life. Now write down the strengths you used to accomplish those three things. See any threads in common that led to achievement? If so, the path to more success is right in front of you. Use the strengths that have been proven to work if you really want to boost belief in yourself make your weakness irrelevant.

➤ **Pat Yourself On The Back:**

We are quick to judge ourselves for our mistakes yet we never seem to celebrate ourselves for our successes. Success doesn't come in the form of life-altering big victory; instead, the path to success typically includes a whole lot of small victories. Be happy with every victory, no matter how small you think it is, because this will help you feel confident and keep moving forward.

➤ **Have Fun:**

Life is not meant to be a never-ending to-do list. What makes you feel happy and excited? Do more of that. There is however, a thing called priorities and making the time for fun is priority.

➤ **Pay Attention:**

When is the last time you really looked at the full moon and shining stars in the pitch black sky?
What about the trees in your backyard that are the size of prehistoric dinosaurs?
Have you picked a flower at the park?
You are surrounded by beautiful things.

➤ **Be Comfortable In Your Skin:**

Yes, build a body that makes you feel strong and confident, but don't forget about any preconceived notions about what you "should look like"

➤ **Be Who You Really Are:**

Express yourself, laugh, play or sing. Be crazy.

Don't be afraid of what others think.

They feel the same way and want to express themselves, but are afraid to show it, too.

➤ **Stop Trying To Be Perfect:**

Stop criticizing yourself for being less than perfect.

Always do your best, but not reaching perfection is not failure.

Just follow all the steps above, and don't let anyone's expectations of you put any pressure on you.

Remember that no matter what, you will always be perfect just the way you are, flaws and all.

➤ **Smile ;**

Smile because you are worthy of love and happiness and free to have as much as your heart desires.

Treat others with love and respect.

Bringing joy to other people's lives will help you find joy in your own.

In addition, those that you treat well will likely repay you with same kindness.

Gradually, you will start to feel your worth through the smiles of gratitude.

➤ **Learn To Let Go Of Past Events:**

You deserve a fresh beginning!

There are lot of people out there that have had hard lives, bad beginnings/moments.

Don't close yourself out of grief, disappointments, or fears of future ridicule.

Acknowledge your feelings, but work to put them behind you.

Cherish what you have learn from your challenges, and how you have changed and grown from them.

Forgive those who have done you wrong.

Most importantly, though, forgive yourself.

2) Quick Ways to Attract People:

We have within us the power to be like the magnet whose pull is irresistible. Adopt some of these qualities to become a really attractive person.

➤ **Live with Zest:**

- There is a time for all things in life.
- Show enthusiasm in the latest technology, what's in fashion, how things function.
- Go out dancing or participate in any fun activity that you prefer.
- Once in a while go on an adventure trip.
- Explore new places.
- This will not only broaden your horizons but also you will attract other vibrant and happy people who have great zest for life.

➤ **Have a Good Sense of Humor:**

- Humor is contagious.
- So whether you are witty, sharing jokes or just laughing you will always be surrounded by people.
- And laughing together can form intimate, happy relationships that last.

➤ **Love Yourself:**

- Be honest with yourself first. If you are pretending to be someone else, your relationships will only last so long because that is not the true image of who you really are.
- Force yourself to think about what you like about yourself.
- Nobody is perfect and we all make mistakes, but when you focus on your positives, you will begin to appreciate yourself more.
- Positivity brings a desire to be your best –to eat right, to exercise, to look good. As you begin to be at ease with your true self, you will become more accepting of your flaws.
- You will be like a child who loves herself unconditionally.
- Only then you will be able to love others the same way.
- And, in return you will attract people into your life who will love you just the way you are.

➤ **Accomplish with Discipline:**

- You will value yourself more if you have a purpose to live for.
- Define your ultimate goal in life.
- Break in into realistic interim goals.
- To accomplish them you have to discipline your mind. You have to first believe in yourself.

- Do not run away from the challenges that will come your way in the form of distractions or self-limiting assumptions, but face them courageously. Stay positive.
- Look at each goal as the bullseye that you have to aim at with a one-point focus. If you miss, your strategy needs perfecting.
- Get up again and with double the passion, aim from a better angle-and win!
- Your self respect and confidence will increase with every struggle that you overcome, every win you achieve.
- You will always be a crowd puller where positive people will come to you for inspiration.

➤ **Be Down to Earth:**

- Do not brag or show others down because you gain success. Whatever you have done is for your own self esteem. Arrogance makes you complacent. Be grounded with the knowledge that there is another level of goal to accomplish.
- Being down to earth also makes you open yourself to listening to the points of view of other people.
- They may know something that you don't. This creates mutual respect, which strengthens bonds.

3) Beautify Marital Relationship:

If you feel that you and your partner are drifting apart, add these simple relationship mantras in your life. These tips would help to add breath of fresh air in your marriage.

Here are some ways to reconnect with your significant other. These actions will make your partner feel loved, appreciated and desired and will, in turn, make you feel more connected to him or her. Whether you'd like to increase confidence, find a thoughtful way to say 'I Love You', or just show your partner some gratitude, you'll surely find something useful in the list below:

➤ **Give each other pet names:**

- Pet names are childish, but they are cute at the same time.
- If you have special names for each other, then use them from time to time.

➤ **Display your togetherness:**

- From things they brought back from their vacation together to their wedding photographs, happier couples are known for showing-off such items of togetherness at their homes.
- This is a research-backed marriage advice that shows how proud couples are of their relationship.
- And, this is a 'happy marriage' secret that you too must steal.

- **Complement each other:**
 - Small little compliments, thrown in every now and then, can really ignite the spark in a fading relationship.
 - 'You look lovely today' can work wonders when your wife is getting ready for a party. Or 'That shirt is looking good on you' can really make your man's day as he gets ready for work.

- **Smile more and more often:**
 - People who smile more are said to be more joyful and positive; and that is why, they have healthier and happier relationships.
 - So, a smile can brighten up your partner's day and your relationship instantly.

- **Don't glorify yourself:**
 - Let go of the urge to rejoice over things when you are right.
 - If your partner is wrong about something that is minor or insignificant, then too resist the urge to correct them.

- **Say 'thanks' and 'sorry':**
 - Saying 'thank you' to your partner whenever they do something nice and special for you or those around, is a great way to make them feel loved.
 - Also, a simple 'sorry' is not easy to say, but its magic just can never go amiss.

- **Date your spouse:**
 - Just because you are married doesn't mean going out on a date is childish.
 - Plan a sudden outing to your partner's favorite restaurant and pick up a small gift or flowers for them.
 - Also, sprinkle some excitement into your dates.
 - Instead of going for tried and tested things, try something new and exciting.
 - Say, going for clubbing instead of dinner, or trying out a new place or a different cuisine.

- **Don't let go of communication:**
 - If you have a problem with something your partner says or does, make sure you bring it up instead of letting it build up inside you.
 - Also, instead of running towards your parents arms to talk about your issues learn to talk to each other about them, as honestly as possible.

- **Sometimes, go to bed angry:**
 - While it is a good idea to resolve your issues before they get out of hand, it doesn't mean that you have to stress yourself out for this.

- There are also times when constant discussions and the acts of solution finding erode the situation further.
- So, take a break and talk over things next day when your mind is fresh.

➤ **Say 'I Love You!'**

- 'I Love You' might be three simple and small words strung together, but they are worth their weight in gold.
- Make sure you tell your partner how much you actually love him/her.

➤ **Secrets of Happy Couples:**

- **They celebrate a unique anniversary.**
- **They take monetary decisions together.**
- **They never lose their sense of humour.**
- **When the going gets tough, they don't call Mom or Dad.**
- **They don't fight about household chores.**
- **They understand each other's needs.**
- **They're grateful for the ordinary things in life.**
- **They think positive.**