

The Simple Guide to Better Living

Values & Ideas to Practice Daily



Welcome

This is a collection of ideas and advice to help improve your day. These values have helped us help ourselves and a whole lot of others through challenges; big and small, everyday.

We hope you can learn something new or be reminded of these simple ideas and share what you learn with someone who needs a hand.

Gratitude

Looking at all the reasons you have to be grateful for on a regular basis is a way to feel good, consistently.

Find at least 3 things you have to be grateful for every day. The more specific you are, the more appreciative you will feel.

Gratitude helps shift your perspective towards focusing on all the goodness in your life, rather than what you don't have.

Self Love

You may not like the way you look, you may not like the way you act. This affects many of us, but also something we can continually learn and grow from.

If you don't like the way you look or act, notice this as a desire for change; your mind knows you can do better. Use that to figure out the first step you need to take to improve.

Some parts of us we can't change, what do we do about that?

***Realise your body is completely unique and powerful.
Every cell of your body makes up the story of who you are
and every decision you made to be reading this now.***

What a miracle it is to be alive today, after everything you've been through. Your body is a beautiful complex system capable of miracles. Recognise that first before you criticise yourself.

Confidence

We often believe that confidence is a gift; you either have or you don't. This is not true and leads many of us to believe that we will never be as confident as we want to be. Confidence is a skill that can be learned be improved!

Confidence can be gained by reflecting back on the challenges you've overcome in your past.

You've probably got years of experience through struggle and success you never gave yourself credit for.

It is important to recognise the effort, not the outcome of all your experiences.

Setting Intentions & learning through your experiences are also great ways to create confidence.

Don't tie confidence to image. Don't let your appearance impact how you feel.

Clarity

What do you want to experience or achieve each day? What do you want out of life? How will you get there?

Ask yourself what you really want, and figure out the first step towards it. The rest becomes clear as you move forward. That's it.

We have the incredible ability to change completely by learning and improving. It all starts with a decision to change.

Set bigger goals & reflect on your ambitions often to keep motivated.

Discipline

To stay on track with your goals, maintain regular mental wellness routines and live a healthy balanced life we need discipline.

Having some sort of plan or schedule doesn't sound fun, but it's essential for a happy balanced life.

Write down 3 things you need to do today and give yourself credit once you complete them.

If you didn't get everything done that's fine. Focus more on what you achieved, not what you didn't.

Focus

What we give our attention to is what we become. If you're constantly scrolling social media, judging and reacting to everything you see, it's time to shift your focus onto something else.

To reduce the amount of time you lose to distractions; you need to know the '*One Thing*' you're working toward.

Having at least one thing to always be aiming for and slowly working toward will give you a reason to say no to all other distractions.

Judgement

With social media influencing us and taking up more of our attention, it is easy to judge everything and everyone we see on social media. Social media steals our focus by making us briefly feel good when we get notifications and see new posts.

Our judgement is useful for decision making but too often we let judgement take over other parts of life and damage relationships.

Be aware of your judgements. Notice if they are supportive or harmful towards yourself and others.

Honesty

Own your own truth and fully embrace yourself. Honesty means sharing your own beliefs with others even when it's difficult.

Backing down, minimising yourself and conforming to others to fit in will steal joy away from your days.

Be honest with yourself, above all else.

Resilience

When you are experiencing a challenging situation immediately notice how you are analysing the situation through your 'self-talk'.

The question you can ask yourself before you jump to negativity is "What did I learn here?" - What did you learn about yourself, other people, the world and what will you do next time to improve or resolve this situation?

Let others know what you're going through. Get together with others and speak up. It is important to get involved with a supportive group of people to discuss your challenges and find new ways to overcome them and grow stronger.

Everyone is different and has a unique perspective – share yours to create better relationships with others, and most importantly, the relationship with yourself.