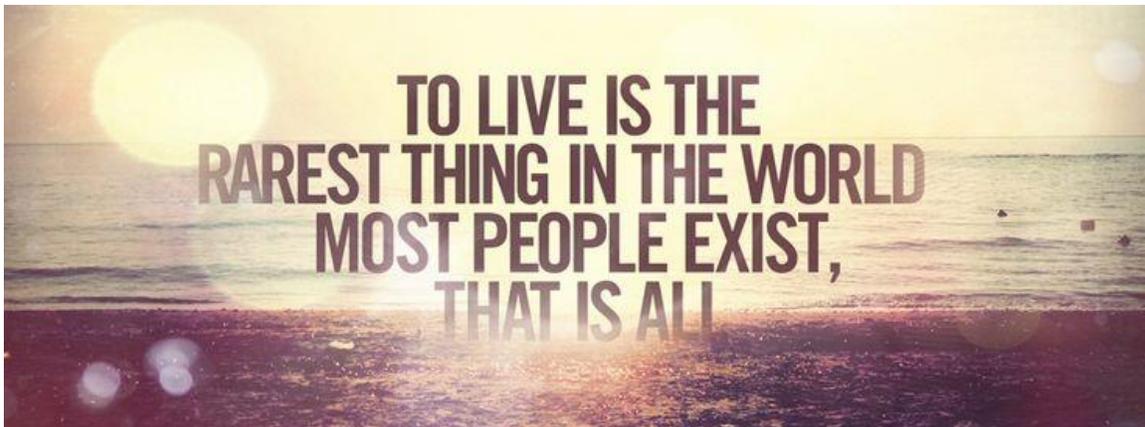


**25 HABITS TO  
LIVING  
LIFE TO THE  
FULLEST**

**Jessica Autumn**

Most people go through their daily lives living on autopilot. They do the minimum necessary to just get by and then finish the day vegging out in front of the TV or surfing the Internet. I have been there and still catch myself scrolling through my Facebook newsfeed and watching YouTube videos too often sometimes when I have other things that I should be doing. It leaves me feeling like I just wasted my time.

There are so many distractions in our world today that make it hard for us to focus on making good decisions and forming better habits. Living a fulfilling life requires us to become productive. Being a productive person takes some work, but after we form good habits it becomes much easier. Life is a journey and we should always strive to improve ourselves. We don't have to be perfect, but we do need to put forth our best effort. These 25 habits can change your life, but you have to put them into action or else they will simply remain ideas.



## **1. Devote time to your self-improvement**

You could say this is the most important habit to form. Without devoting the time it will take to become a better version of yourself, it's just not going to happen. Reading this eBook is a great step in the right direction! Changing our lives takes effort and that brings me to my next point.

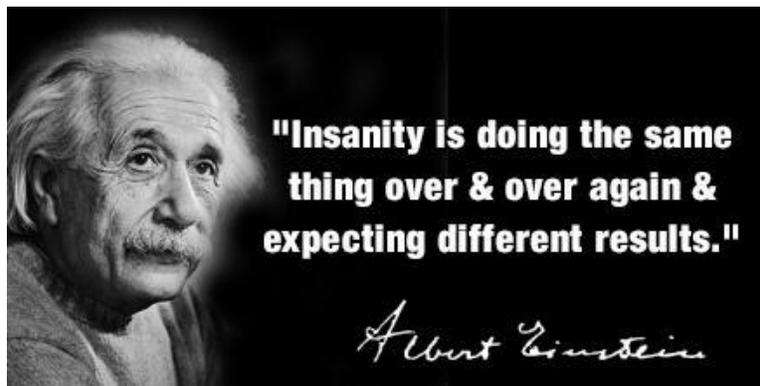
## **2. Be self-aware**

Pay more attention to your decisions and the motivations behind them. I used to be very impulsive and didn't give much thought to my actions. I wasn't very happy and productive than either. Just simply being aware of what we are doing and why we are doing it will help us to start forming the rest of these habits. These first two tips are the building blocks for self-improvement and you need to be mindful of them or else you won't be able to master the rest.

### 3. Mindful meditation

There are many forms of mindful meditation. You could lie or sit down and focus on your breath or just simply focus on living in the present for a while. Even cleaning or gardening is a great form of mindful meditation. How often do we focus on the past or future? More than we should, right? We need to live more in the present to live our lives to the fullest. There is nothing we can do about the past and the future is always going to be the future. We need to get better about living in the present with the future in mind, but not have it at the front. Practicing mindfulness, even just five minutes a day can help you to get better at being mindful more often. The more you do it, the better you will get at it.

### 4. Acknowledge and learn from your mistakes



We all make mistakes and that's normal. The problem is when we make the same mistakes over and over rather than learning from it. For example, how many bad relationships have you been in? For most people, it's a lot. What did those relationships all have in common? You. Take responsibility for it. Yes, maybe they were bad people but you chose them. You need to fix you. Then you will be able to choose better in the future. This goes for everything in our lives. How can we improve if we don't learn from our mistakes?

### 5. Don't be a victim

We have all had bad things happen to us and bad things will happen in the future. This is life. A lot of times we can feel like we are victims of circumstance and let it run our lives. Even if it's something major, like a death in the family, we can't let that be an excuse to hold us back forever. People we love are going to die at some point, unfortunately. Many people that grow up in dysfunctional or poor homes will subconsciously use this as an excuse to keep living the same way. I grew up poor and with a lot of dysfunction in my home. For a while I felt that somehow I deserved more

than someone that grew up having it easier because of it. That held me back from reaching my full potential. I had a victim mentality. It wasn't until I embraced the bad things that had happened to me and took responsibility for my life that I saw my life start to change for the better. Our mentality shapes our reality. If something bad happened to you in your past, come to terms with it and then move on. It will probably take some time and that's okay, but it's better to start sooner rather than later.

## 6. Listen to others



Learn to listen, rather than waiting for your turn to speak. I have worked very hard at becoming a better listener. I have struggled with everything on this list at some point and know first-hand that improvement in all of these areas is possible. I had a friend back when I was a teenager that was just like me. We both had to be talking. Looking back I see our conversations were very dumb. She would talk for a bit about something and then I would cut in and talk about something completely different. Then she would interrupt me and so on. I wasn't even listening to her. I was just anxious to say what I wanted! She wasn't listening to me either so we were really just talking to ourselves!

Try listening more the next time you talk with someone. Just be mindful of it. It will take some practice, but you will get better at it. You might also quit talking to certain people because of it. I dislike talking to someone that only wants to talk about their self and I avoid it. It's annoying, so don't be that person. If you want to be listened to, listen to others first.

## 7. Make time for your passions



There is not enough emphasis taught on doing what we love once we reach adulthood. All work and no play will burn us out extremely quickly. Taking time off is very rejuvenating and it is wise to make time for it. Do you love to paint, sing, play sports, or dance? I used to love writing stories when I was a child and just picked it back up a couple years ago. I love it. I guarantee there is something that you love so why not do more of it?

## 8. Be open minded

If you are reading this and just assuming that you know everything already, how can you learn anything? Yes, many of these habits are common sense but have you mastered them yet? Being reminded of things can help us to lead better lives. We all need instruction and thinking that we don't is foolish. I am not saying that you have to change all of your views and beliefs but don't close yourself off to new ideas. Many people are so stubborn that they will not even listen to other viewpoints. You will not be right 100% of the time or even close to that so that means other people are right sometimes as well. I promise if you are open minded, you will learn so many new things and be happier for it.

## 9. Positive self-talk

Don't say things like I can't do it or I'm not smart enough, etc. I know this one is very cliché, but it's a big one! You can't have a happy life if you are always talking negatively about yourself or just thinking negative in general. There are many happy people living with way less than what you have and have had far worse stuff happen to them. It's a mindset. Quit stressing about things you can't change and just relax. Think happy thoughts even if you don't mean it at first. Eventually, you will. There are so many great things about you, even if you don't always see it. Just focus on the positive aspects of yourself and work on the negatives. There are so many flaws that I have, but I'm working on and that's okay. We are all works in progress.

## 10. Plan ahead

I like to write down what I am going to do the next day on a notecard. I put little stars by the things I absolutely have to get done and prioritize accordingly. It will help to give you some direction rather than just doing a bunch of meaningless things. It will also help you to get things done instead of continuing to put them off. Transformation takes daily effort. How many times have you said I'll start Monday or next month? That turns into the next week and the next month. Quit procrastinating and form a plan.

## 11. Interdependence rather than independence



### Levels of maturity

Dependence → Independence → Interdependence

The majority of people aim to be independent because that's what we are taught is the goal, but is it really? Of course being independent is much better than being dependent, but interdependent people are the ones that soar to new heights. Interdependence is when two or more people rely on each other for growth. Take Google for instance. They have so many amazing minds working together there to

create amazing things that they couldn't do alone. We can have a great idea and do so much by ourselves, but that great idea of ours can blossom when someone else gives their input on it as well. There is too much focus on if someone else does good, then we won't. So many people backstab to get to the top because they don't understand that their individual success could be so much better with great individuals beside them.

## **12. Limit screen time**



Technology is great, but according to a Nielson Report the average adult spends more than 11 hours a day on their gadgets. That's crazy! Yea, some of that includes working, but a lot of that is just for leisure. There is so much life to be lived in the real world and less online. Be mindful of how much time you and your family are spending in front of a screen. You may be somewhat addicted to it so just cutting back little by little will help. Go make memories with the people you love. No one on their deathbed says they wished they had spent more time online. They regret missing out on so much time with the people that mattered.

## **13. Don't be jealous**

Does it seem like your neighbor has a better car, house, and life than you? It's easy to feel like the grass is greener on the other side, but really it isn't. Money and materials will never make us happy. I have had \$40,000 in the bank and I have had zero. I wasn't happy either way. I just wanted more. Nothing was good enough for me. I would look at others that had it better than me and I would want that so bad, but even as I passed some of them it made no difference. I just set my sights higher. It's a vicious cycle that we must break if we are ever going to be happy. I'd rather be broke and happy, then rich and miserable. Most of the people with all that stuff are not happy. They are

looking at someone else like you are looking at them. Nothing will ever be enough until they get their hearts and minds right. Focus on you, not the success of others.

#### **14. Forget the haters**

People are going to hate you no matter what and the happier and better off you are the more they will hate you. They want you miserable with them. Ignore them and focus on the people that build you up. I won't give my haters the time of day. There are a lot of people that I used to hang out with that talk about how I think I'm better than them because I don't hang out with them anymore. I don't think I am better than them, but I am doing better without them in my life. Some people will bring you down, even the friends you have now, and you have to break away or else your life will continue to stay the same.

#### **15. Step out of your comfort zone**



It's so easy to keep doing the same things, but that causes us to miss out on great experiences. I decided to join the military when I was 19. I was scared to death and didn't know what to expect, but I did it. It took all of my courage to sign that contract, but it was one of the best decisions I have ever made. It made it easier for me to continue stepping out of my comfort zone over the years and I have done some amazing things that help me to live my life to the fullest. If you continue to work that job you hate or don't start that project that you have always wanted to, you will be missing out on a big piece of yourself. Taking that first step is the hardest, but it will get easier and you will be amazed at the direction your life will start to go.

## 16. Delay gratification

This is a hard one! Maybe you get money and spend it right away on little things or you can't lose the weight because you have to eat those sweets day after day. Instant gratification is killing your productivity! We can't get anywhere if we don't learn to wait for what we want. This takes practice. Try saving some money back out of every paycheck, even just \$50. Or set a limit on only one small bowl of ice cream a day. The more you practice this, the better you will get at it. Then big changes will happen in your life. You may just want to watch TV after a long day at work, but if you put that off and do something towards achieving your goals you will feel much better about yourself.

## 17. Read!



We don't read enough! Reading can help you on so many different levels. Check out this article by [Lifehack](#) to see some awesome benefits of reading books. Reading helps to stimulate our minds and keeps us focused. I used to read all the time when I was younger, but got so busy and wrapped up in adult life that I quit reading more than a couple articles on the internet here and there. I eventually started reading again and it helps keep me on track. There is so much knowledge out there, but we rely on the instantaneous Google results much too often. We aren't thinking critically when we just type in how to do something. Try figuring it our first before resulting to a search engine. Your brain will literally grow because of it.

## 18. Help others



It's so easy to constantly worry about #1 but think back to the last time you helped someone else. It felt good, didn't it? So why don't we help people more often? Our lives are so busy sometimes that we can't even take a few minutes to help others because it will be an inconvenience. From the little old lady, that is struggling to open the door, to the homeless person sitting on the park bench. One simple act of kindness could change their whole world. The saying "what comes around, goes around" is very true. Helping others helps us to grow in ways we never knew were possible. Changing someone else's life will, in turn, change your own life. What could be a better feeling? Certainly not buying more stuff or going to some meaningless party.

## 19. Eat healthy

We need to start taking better care of our bodies. More than 2/3 of American adults are overweight or obese. Did you know that being overweight leads to depression? It's not just a vanity issue either. Processed foods and food high in sugar actually contribute to depression. There is an undeniable link between our country having the most overweight and medicated population in the world. I feel horrible when I eat a lot of fast food and sweets in one day. I am more productive and happy when I eat better and I know you will be too.

## 20. Work smarter, not harder

I hear so many people say they work two full-time jobs while raising their children. I understand you gotta do what you gotta do, but why not gain the skills to work at a better job and then use the rest of that time to be with your family more? It's easy to complain about people that are making higher paychecks being lazy and think that the people under them work harder, but guess what? Things have always been that way

and will never change. That person higher up is working smarter than the person working for them. Instead of complaining about them, work your butt off to get where they are. There would be no innovation and societal growth without those people leading the way.

## **21. Be loyal**

It's hard to find people that will have your back through thick and thin. How many times have you needed someone, but they weren't there for you? You can't change them, but you can change you. Be that person that people can count on and you will notice that you attract loyal people. Now don't let people take advantage of you though because certain people sure will.

## **22. Be active**



Over the course of history, our ancestors were mostly very active. They were hunter-gatherers to some degree, until the modern age. Nowadays, we have so many resources at our fingertips that we don't even need to leave our homes if we don't want to. A big portion of many people's days consists of very little movement. This is why having a workout routine is so important. It makes up for our lack of overall movement that we used to rely on to survive. Ideally, we would be outside building something or growing food, but living in cities can restrict that. Whatever you must do to be active, just do it. The Department of Health and Human Services recommends 150 hours a week of moderate exercise or 75 hours a week of vigorous exercise for a reason. If that seems like too much to start out, just do what you can. A little is better than nothing.

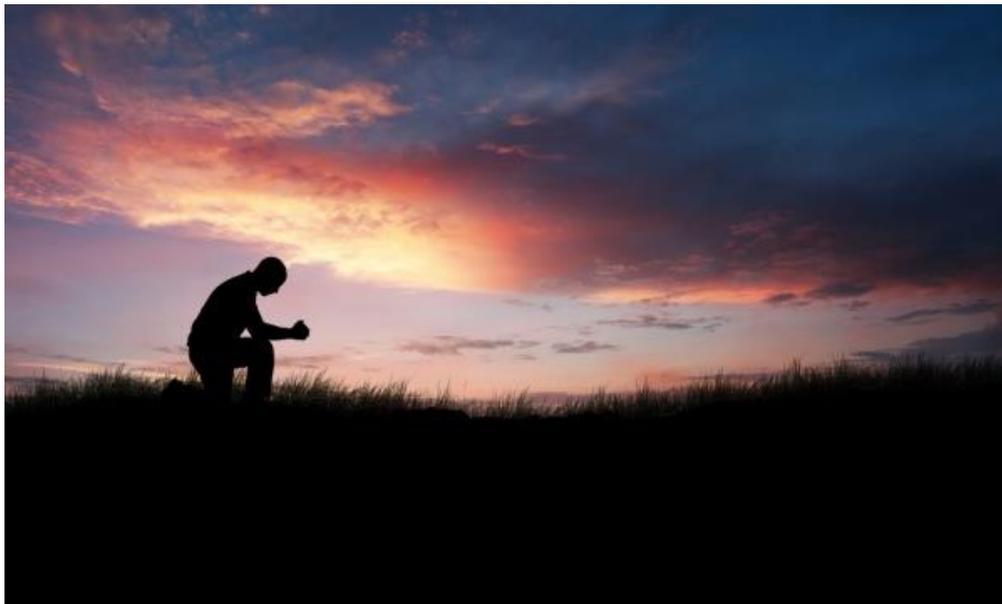
### **23. Set goals**

Think short and long term. Where do you want to be next month, next year, or 5 or 10 years down the road? I don't imagine you want to be where you are now. I know I don't. As human beings we have an innate desire for growth and when we don't grow we feel like something is missing from our lives. Setting your goals will make them more attainable, but you also need a short-term plan on how to make those goals turn into realities.

### **24. Positive influences**

Surround yourself with positive people. These people will help build you up and be able to teach you what they know to save you some headache down the road. Hanging out with people that love to complain and talk bad about others are doing nothing but bringing you down. You are a reflection of the people that you choose to spend your time with. Is that a good or bad thing in your situation? Just think about it.

### **25. Pray!**



Many people find comfort and direction comes from daily prayer. Prayer changes people. I can feel a huge difference when my prayer life is lacking. My relationships with the people around me aren't as strong, I am not as productive, and I just don't feel whole. Now that I have had a stronger relationship with God for a couple of years, I know what the missing piece is when I feel it tugging at me. But before I used to try to fill it with things like a significant other, alcohol, and money. Those were temporary

fixes that never kept me happy for long. I could have never formed any of the habits above without God's help. If you are interested in improving your prayer life check out my article [Two Prayer Strategies That Will Change Your Life](#).