



Joyful Living Tips for 2014

Description

default watermark



Most of the answers to our questions are buried deep inside us if we just take the time to listen to our heart and gut. However, I still like reading self-help articles and books for inspiration and to help me get to those answers. I was able to catch up on some magazine reading during my computer break. I thought I'd share a few quotes and tips from Dr. Phil and Martha Beck from this month's [O Magazine](#). I hope you find them helpful as well as you set any goals for this year.

Dr. Phil's Words to Live by in 2014

- "A strong sense of self is the foundation of personal power. If you define yourself by what someone else thinks, you've already lost the battle. Assert the right to be who you want to be."
- "The major difference between a dream and a goal is a timeline for progress, coupled with accountability."
- On finding joy and purpose. "Happiness isn't a one-size-fits-all proposition. You must define what it looks like for you and then make a conscious effort to access whatever gets you to your unique definition of joy."

Martha Beck's Plan for Finding Joy

- **Have a vision.** "Begin basing choices on what makes you feel freer and happier, rather than how you think an ideal life should look." Martha suggests finding images out of magazines or on the internet (Pinterest perhaps) that depict your desired future. I have been creating vision boards for years. You can read more about them in a past post [here](#). For those of you that scoff at this suggestion, Martha explains that it's not the board itself that impacts reality. It's the process of selecting the images which then stick in your subconscious. The images help steer your choices in a direction that helps make the vision real.
- **Let go of what doesn't work.** Think about things that you'd like to release from your life. For me some of those things are grudges, bad habits, worry, negative self talk and "stuff" I no longer need or want. Martha suggests thinking of these things as you inhale and silently repeat let it happen. As you exhale think, let it go. Practice this consistently.
- **Don't be afraid to fail.** "Those who are relaxed about doing badly soon learn to do well. Success is built on failure."
- **Pay attention to what really matters to you.** Untangle yourself from other's priorities in your decision making. This can be especially difficult for people pleasers like myself.

The key to making all of these things happen is actually applying them. That's the part I get stuck on sometimes, but guess what? It's okay. I'm not going to beat myself up about it. Did any of these suggestions strike a chord with you?

If you're a fan of Oprah, I used to blog about things that I learned from her show [here](#). I started the blog as a way to get back into writing and to document tips I found helpful. I mentioned in my [previous post](#) how it's important to take the time to notice our progress in life. As you set goals for 2014 and aspire to do more and be more, celebrate how far you've already come. For example, I'm able to see my growth by comparing my [former blog](#), and [my first post](#) to where I am today.

Date Created

2014/01/06

Author

queenie

default watermark