

7 steps to living a life you LOVE!

By Lauren Parsons

- **Have big dreams and chase them!**

Take time to discover what your dreams are. What are you passionate about, what do you love doing, what are you good at?

Once you know what it is then go for it and never look back! You can achieve anything you desire if you're prepared to work for it! Imagine how great it would feel to do what you love every day of your life! And remember it's NEVER too late to start!

- **Laugh long, hard and often!**

Laughter is medicine for the soul! Be silly, play games, let your hair down and enjoy! Surround yourself with people that you can have a good time with make the most of it!

- **Give back wholeheartedly**

It is so true that 'we sow what we reap.' Give generously and gladly whenever you can and you will be blessed beyond measure – it's a fact! Not just from the annual rebate from the IRD either but from the satisfaction of knowing you are helping others.

- **Fuel yourself well!**

Our bodies are just like cars, if we fuel them well, get them serviced regularly, run them frequently and get the revs up every so often...we'll end up with a classic car. However, if we don't fuel our car well, we neglect it and don't get it serviced or tuned; we will end up with an old bomb.

What would you rather have?

- **Get active doing something you enjoy!**

Move your body! You can do anything you like...dancing, aerobics, housework, walking, strength training, aqua jogging.

Whatever it is, find something that fits into your lifestyle and get moving!



- **Don't settle for second best**

High expectations can be a good thing! Expect the best of yourself and remember that you also deserve the best. If any relationship is not living up to what you deserve, make sure you're not settling for second best.



- **Make time for the ones you love**

We are all 'busy' aren't we? Is that really an excuse when months go by without catching up people that mean so much to us? Taking the time to turn off the TV, pick up the phone, send a letter (yes a REAL hand written letter) or drop by and visit cannot be valued, as its effect and impact on your life and the lives of those you touch is priceless!