

Applied Development

Become the Expert on You

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Marc Storr has a professional and academic background in Counselling, Personal Development, Applied Psychology, Research, and social care.

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10 things you can do to have a better day.

Sometimes we live our lives on autopilot and live the same way everyday. However, doing something different can help.

1. Make a verbal and written commitment with yourself to be different today.

If you get angry easily, make a commitment to yourself that you will not be angry today. If you take things personally, make a commitment to yourself not to take things personally today. If you dwell on your mistakes, make a commitment to yourself not to dwell on your mistakes today. The important thing here is that you make the verbal commitment **in words and to yourself** and write the commitment down **and carry it with you all day on your person**.

Make the verbal commitment loud and clear and, ideally, look at yourself in the mirror as you do so. You are likely to feel foolish doing this but fear not, the fools are those who continue to be angry/take things personally/dwell on mistakes. Keep the written commitment handy because you will need to look at it frequently to remind yourself that you are serious about changing this time.

2. Let the world pass you by today.

You are not the only person in the world and you do not have to take responsibility for everything. That driver who is driving too close behind cars, back off and leave them to it. The youths who are swearing outside the local shop, ignore them and walk on by. The world in general will not collapse because you do this today, but *your* world should improve.

3. Compliment at least 2 people.

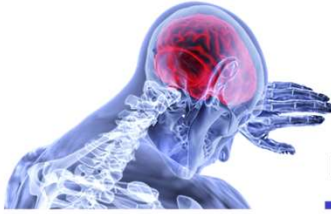
Make them genuine compliments that you believe and come from a good place. Note the effect this has on those people and note the effect it has on you.

4. Compliment yourself for having the courage to compliment.

This is something you *should* dwell on - in a positive way. Rest assured the other people will remember what you have said and will remember you for saying it.

5. Adjust your posture at least 10 times during the day.

We all tend to slump over time and this is particularly so if you sit down for long periods. Adjusting your posture in a way that makes you sit up and straighten your spine will help relieve the muscle tension that can often lead to headaches and stiffness.



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6. Drink some pure water.

Overall you should be aiming for around 2 litres of fluid a day going into your body, and many drinks can count towards this. Remember though that drinks like alcohol and coffee have a diuretic effect which means that they make you expel more water you normally would and sugary drinks make your body work harder to process the fluids. By making some of your drinks pure water, you will be putting essential fluid into your body that does not have any other effect than hydrating you. You do not have to guzzle glass after glass and it does not have to be expensive mineral water, just a couple of glasses from the tap will do.

7. Get some exercise.

Exercise keeps your body moving and helps to coordinate your overall physical and psychological activity. This helps to relieve tension and keep you sharp. You do not have to run the New York marathon, just a 10-20 minute walk around the block is better than nothing.

8. Have some down time

All work and no play makes for a dull life. Everyone needs to switch off from time to time to prevent us burning out and keep us motivated and interested in what we are doing. Play is important for a healthy life and *needs* to be a part of our daily activities. The play can be anything that you want, but I find that the more childlike it is the better it is for helping us to switch off. The world will not disappear if you play for 10 minutes and whatever you are doing will still be there when you return - but you will be fresher.

9. Make a goal for today.

The goal can be anything you want as long as it is positive. It could be to actually leave the home at 8:30am today (instead of aiming for 8:30); it could be to smoke 1 less cigarette today (hey, 29 is better than 30 right); or it could be to do any of the above (unfortunately making a goal of having a goal does not count).

10. Enjoy yourself.

Easier said than done this one. I guess what I am suggesting is that that you take a look around you and find something, anything, that you can class as good in your life. This could be something simple like the shape of a tree or the sun in the sky. It could be something that you have done (like any of the above) or a wall that you have recently painted. It could be the fact that you are still alive and have one more day (hopefully many more though) where you can do something different and change your life for the better.

Whatever you do in life, do it like you mean to, do it like you want to, and do it well. Love life and live free.