

## **LIFE CHANGING ADVICE**

**Corresponding Author**

**Ms. Bhoomika Patel,**

*Assistant Professor, Department of Mental Health Nursing  
Sumandeep Nursing College,  
Sumandeep Vidyapeeth deemed to be University, Vadodara, Gujarat  
E mail: bhumi6370@gmail.com  
Contact: 9925517313*

The way you THINK always determines the outcome of your life. Our mind is like a garden. Some thoughts are beautiful same as wonderful flowers, while others clutter the beauty out like weeds. It's our own responsibility to care for what we want to grow whether flowers or weeds. As the seed so the fruit: Building good thoughts leads good feelings. Thoughts can shape the feelings and our feelings may change the action taken by us towards the life. Thinking is very powerful skill which can be developed thought the lifetime.

***“Watch your thoughts as they become words, Watch your words as they become actions, Watch your actions as they become habits. Watch your habits as they become character and watch your character as it becomes your destiny”***

### **Increase the standard of your life:**

We are running so fast after luxury, but have skipped the step of being happy. Some people are absolutely poor that they have is only money. We should always focus on increasing the standards of life instead of enhancing the standard of living. Scenario has changed today that our generation is 'intolerant', we cannot take jokes or we argue too much to act 'woke'. Whether you own a Hyundai or a BMW, the roads and destination remains the same, whether u talk on a Samsung or you talk on iPhone, material to communicate is equally possible both the way, whatever a watch your wrist is wearing either unbranded, or a Rolex, both shows similar time. Each of us has adopted to live in fantasies of being wealthy and with materialistic comforts. But we should know the truth that a higher standard of living does not lead to a higher quality of life.

Knowing the factual consequences, it's unbelievable that how we work on our self-up so much with increasing the standard of living that we forget to increase the standards of our life. Increasing standard of your living at a cost of your life standards is not a wise thought. We should not compromise our standard of life just to impress the society. It's not the standard of your living that cause eternal pleasure, but it's a standard that you follow to adjust and adapt your existing lifemakesyour inner soul happy.

### **Don't Judge everything you see**

It is better to be a mental than to be a judgmental. Indeed in our society, one or the other have faced lot of conflicts because of never filling gap between technical or practical rightness. Technical rights means to see the obvious things and practical rightness means to see beyond the visibility or to see the hidden things. Each has their own hidden story, they might be different from yours but you should not judge them as they are wrong. It is not obvious that everyone fits according to your imagination, so when you found someone not fitting into your definition of what technically right, try to see that person with a different dimension despite of being judgmental. Go beyond the visibility, go beyond the seen and try to look for the hidden things which may help to resolve the conflict you face.

We live in the world where everyone wants fame and success. Don't always believe the success stories you see everywhere. Because every success story hides their epitome of struggle. It's only the outside area which is visible. Similar to an iceberg illusion, people may have ice shelf that is visible to others while they have a growlers to burry inside. Try to always be a good person and to find out the obstacles they have faced also know how they have come out from those situations. A blind believe may leads to have unrealistic expectations in our life which ultimately may affect our own success story.

### **Go with the flow:**

It's amazing that how many plans we make and it's a reality that not everything goes according to our plans. As in the game of cricket, batsman use to have pre planned game to win the game with own tricks. He/she is ready with own tricks that everything will go as per his/her own planning. However if we see the reality that once the batsman ready to hit the ball, he/she may have no control over the tricks that the bowler will use. Always we don't have any idea that opponent have also made some plans. Whether it's a game of cricket or the game of life, not everything goes according to our vision of life. Life will throw the challenges as the

bowlers throws. Being batsman of life accept each challenges as opportunity whether u get success or failure. As it's for sure that you will get success at the end of the over. Just accept the thing and never run away from the stadium of you own life. It's your own game. In life it's required to not be rigid with what we have planned but to be ready for the changing the strategies as per the need of moment. Always we should adjust our plans and accept the challenges that life throws on us.

Adopt new strategies to match the challenges you face. For ex. The river starts flowing from mountain with own plans to reach the destination. Though the mountains hit challenges, a river does not stop making her way byher flexible disposition. Despite of challenges, river water flowing out from the mountain make her own path by arranging herself through, over or under the rock finally to meet her destination. Likely, this disposition of the river should be adopted in our own life and let the life to go with the flow. Any unfavorable crisis may not devastate us. For ex;failing in exam, loss of loved ones, loss of job, failed to achieve goal and so many. Life may throw challenges towards us but accept each challenges as opportunity whether you get success or failure because life also keeps moving to throw the challenges and you never knows that when this challenge may convert into the opportunity and success. It has been said that falling or drowning in any stage of life is not wrong, it is wrong when you stop getting up again after a fall.

### **Choose to Respond:**

Destiny and Response are different things. Destiny is situation that comes to you which are beyond your control. For ex. You have not chosen your parents, they are destined. So situations are destiny but response to that situation is the choice. Response is not the destiny. Response is the choice of the person leading to create the destiny. So it's called that the man is an inventor of his destiny as your decision decides destiny.

If you are *responding* instead of *reacting* the whole negative consequences may convert into the positive one. So always think before selecting the choice of your response because ultimately it will become your destiny. There are so many people and situations which are out of our control. Whenever we feel pressure we are reacting same as soda bottles isn't it? If you open a can of soda, it will come out rigorously in the same way. However, try to respond calmly same as simple mineral water as if u open it, it won't react as a soda can, instead it will steadily quench the thirst. Always remember that the great personality is not born in maternity ward but

a great personality is born by the CHOICES that one makes. To react or to respond? The choice is yours.

### **Deal with toxicity:**

Your diet is not only what you eat, it's what you watch, what you listen to, the people you hang around, the people you live with. Be mindful of the things you put into your body, emotionally. Every story isn't a fairytale, you may get people around you whom you may neither accept nor change. But do not allow toxic people dust you with their poison. Rather, be focused on your own priority and don't pay any attention towards all the drama around you, cursing others, worthless gossiping, political talks, negativity etc.

In fact we all have drawn to any one or the other difficult person in our lives whether at you home, or at work place or among peer group, we are going to find the toxicity for sure. Change of job or change of situation doesn't necessarily ensure freedom from such people. We may make attempts to positively change things around us. But after giving your best at one end you may feel exhausted by making efforts to change the situation despite of knowing that things remain more or less the same, you should shift your focus on your priorities, your growth, and your excellence rather wasting your precious time after people with no meaning. Train your mind to keep yourself free from surrounding toxicity.

### **Find real peace**

Peace does not mean to be in a place where there is no noise, where there is no trouble, where there is no hardwork, where there are no trials, where there are no difficulties. Peace means to be calm in middle of the chaos and also balance to stay focused. Peace is what makes your soul feel light and easy. Spirituality is an art of bringing us to that inner calm. To be at peace you should be fearless, confident, happy and calm in your heart. Peace is what sets you in eternal calmness. It is obvious that you won't found peaceful environment everywhere; so decide your vibe and choose to be in inner peace in any situation.

### **Don't live the life of "I"**

"I" leads to illness and "we" leads to wellness. The most selfish one letter word is "I". I actually stand for expectations, for ex. I should be treated like this, I should be loved like this, I should be dealt with like this, I should be respected like this and what not. Don't think that everything must be up to your expectations. Since years, people in the world are habituated to

suffer from a disease called 'expectations'. Although today's general life is accumulated with narcissism thinking that self-need should be met first. But you should keep this in your mind that People don't exist here to fulfill your expectations. Learn to begin your journey from I to YOU. The more you want as served, the more you will frustrate.

There is a difference between selfish and self-love. Selfishness is to put yourself ahead others. While, self-love is your needs are not always met at last. Indeed it is not necessarily possible to put yourself first, it should not be forget that person at other side also deserves to be treated well too. If you want others to treat you well, then you will definitely get disappointed. In midst of this self-love is also equally important so, make your own resolution to treat yourself by putting yourself first, so that you get what you deserve at regular intervals. Because God helps those who helps themselves. The only person in this world who has you is you. It's only YOU who stands for yourself, who stands by yourself, and who stands with yourself. It's only you who has a rein to your happiness. So always be a good driver of your own life by fulfilling own expectations by self. Don't give the steer wheel of your life in the hands of others which may lead to have frustration at the end.

### **Always Maintain a Positive Mental Attitude**

Positivity leads to confidence and a better outcome of life. You need to trust in your ability to succeed. This is the only way to cultivate the right mindset. You may have positive attitude if you are keeping yourself happy. Being positive is likely to keep yourself away from negative thoughts. We people are surrounded by negativity more than positive vibes. Talking less to self keeps you away from negativity. You should inherit a thought that it is not the situation or circumstances that are creating problems, it is the way how you see the problem. So try to always see the positive side of life. If you have circumstances in which you find negative people, just try to make a mental space instead of having physical space. We cannot change other person's attitude or behavior. It's all about changing yourself.

Practically it's quite difficult to have positive thinking. Our mind always thinks in a picture form so always gives your command to mind in positive way. For ex. Close your eyes and follow the commands given by me: Inhale and exhale deeply, don't see the picture of elephant, don't see the picture of baby elephant drinking water. What happened? Isn't it unbelievable that you have given command to your mind to not to think but the opposite command followed by brain. As the cause behind this theory is our mind always thinks in picture form. There is no image for

don't and other side we have image of elephant, baby elephant as well as water too. Gandhiji said that "See no evil, Hear no evil and Speak no evil". But instead of it if we follow the same principle in a positive way like "See good things, Hear good things and Speak good things" ,definitely our life may improvised in a way of positivity. Nothing can stop the person with having positive attitude from achieving the goal and nothing can help the person with wrong mental attitude.

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