

10 Steps to a Better Life

by Roman Soluk



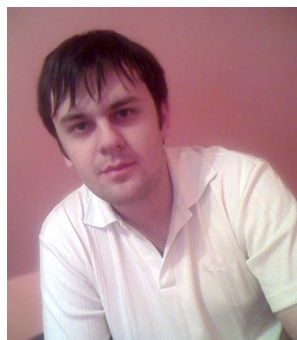
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Introduction

Before I start, let me introduce myself. My name is Roman Soluk. I am a professional translator and a blogger. But first of all, I'm a person who aims at improving life.



In my life there was a time when I had plenty of different fears and later some of them became a reality. And then I decided to make a change, to cope with my problems, to improve my personality, health, to achieve my goals.

For me, two main principles of this change were Desire and Faith. Without them I wouldn't do anything. And I must say I really succeed. I changed my thoughts (i.e. now I try to avoid bad thoughts), I gave up smoking, improved my health, improved my relationships with my beloved, and, finally, got married. Though it's not the end. I still have plenty of things to do in my life, to achieve my other life goals, to make my family happy etc.

Later after experiencing all those problems and changes in my life, I decided to set up my own blog that would help people to change their lives for the better. And here it is now – ***Optimistic Lifestyle*** (www.oplife.org). It is a frequently updated blog that helps people to change their lives, to enjoy it, to improve their personality and health.

Today, I offer you this free report, which is based on my own experience. It will help you to make the necessary steps to better life. They've already helped me, now it's your turn.

The Necessity of Changes

Life is a complicated thing, isn't it? We all experience different problems during our life and we all want to solve them, to cope with them easily. But how we should do this – is already another question.

Before answering it, we should realize that our success doesn't depend only on luck; the majority of things we must do by ourselves in order to achieve our goals.

It's like you are swimming in a boat, if you don't do anything, the current will take you anywhere, you can even wreck. But if you row against the current, it will be much harder for you, but you will certainly reach the necessary point. The same is with our life. If we simply sit and wait for our success, it won't come. We build our life by ourselves. We are the masters of our life and everything depends only on what we will do.

So, begin to do anything right now. And the best start will be to change or improve a bit your personality. Because, only after you will feel satisfied with yourself, mentally relaxed, calm, when you will learn yourself – only then you'll be able to take the necessary actions in order to achieve your life goals.

In this report you will learn how the change of simple aspects in your life will help you to improve it and to make you happier.

Analyze yourself

Before you start making any changes, you must learn to analyze yourself, your actions, your traits, advantages & disadvantages etc.

And perhaps the first question you'll ask is: Why?

The answer is simple, you should know how to analyze yourself properly in order to go on developing your personality. With a good analysis of your personality it will be easier for you to develop it, to make the necessary changes.

And the main principle of such analysis is that you should analyze not only your mistakes and fails, but also your success, positive things in your life. Because by analyzing it you'll know what you do right and you'll be able to use this knowledge in future.

This is a simple analysis. You don't need to make any complicated things. You just need to sit down in your arm chair and think over all important actions during the last six months. You can even take a pen and a sheet of paper and put it down. Then think about your personal traits, advantages and disadvantages. Put them down in two different columns. Now again in two columns put down your skills and skills you want to acquire.

Now, after you've done it. Reread it and try to make some conclusions. I understand that this can sound too simple, but believe me, by making such a list you will create the whole picture of yourself, the conclusions you'll make later will be transformed into ideas and actions. You'll know what to do after you achieved some success, how to develop it, how to make it bigger. There will be more variants for you to act in future. And finally you won't lose the chance that in other case would be left unnoticed.

Healthy lifestyle

The next step is to lead a healthy lifestyle. The reason for it is that you won't be able to achieve any success if you're having

problems with your health. And even if you achieved it, it will be very difficult for you to enjoy it.

I've already experienced serious problems with my health. And I must tell you that I couldn't think about something except my problem. So, if you want to make some changes in your life for the better, first of all think of your health.

Here are a few simple things to do and to avoid in order to remain healthy.

Do

1. Reduce calories and cut down on sweets, cakes and chocolate. If you are overweight, try to lose weight. Being overweight increases your chances of developing circulation problems. (some FAQ about nutrition: <http://www.oplife.org/2010/02/some-faq-about-nutrition.html>)
2. Follow a sensible diet - eat as much low-fat food as possible: chicken, fish and yogurt are good for you. Aim to eat at least five portions of fruit and vegetables a day to ensure your intake of Vitamin C and health giving minerals. (more about healthy food: <http://www.oplife.org/2010/03/healthy-food-for-healthy-people.html>)
3. Give up smoking - every cigarette shortens your life.
4. Lead an active lifestyle <http://www.oplife.org/2009/10/be-healthy-and-stay-fit.html>. Keep fit and stay in shape: why not work out in the gym or take up jogging? Choose an activity that you enjoy doing. Exercise should be a pleasure, not a duty. Aim to exercise for about 30 minutes at least five times a week. If you work sitting down, try getting up as often as you can and walking around for a while.

Don't

1. Don't go to bed late: if you don't get enough sleep, you will lack energy and you will age faster. Sleep replenishes the

energies spent during the day and aids the natural healing process of the body.

2. Don't get stressed: keep calm and avoid stress at home, school or work. Learn to relax, and when you feel that your stress level is rising, take a break.

3. Don't eat between meals: it's the fastest way to put on weight. If you can't give up snacks, try at least to eat healthy snacks, like fruit or yogurt.

4. Don't be a fitness fanatic! You need to stay in shape but remember to maintain a balanced lifestyle.

Become more attractive



Attraction is a strange thing. A person can be perfectly beautiful, but if they are not attractive, their beauty can go unnoticed. Being attractive doesn't mean that we should have a pretty look. Show your inner beauty. But how should you do that?

Be yourself

Many people try to hide their true essence, pretending to be someone else. You have no reason to hide your shortcomings, or to pretend that they do not exist. There are no perfect people. Sincere people are usually more attractive. Don't be shy. Love yourself and you will be loved by others.

Speak to the point

There is something attractive in those people whose words are

full of meaning. Do not talk just for the sake of talking. Abraham Lincoln said:

"It is better to be quiet and to be thought a fool, than to speak and resolve all doubt."

Listen to others

Today the art of listening is forgotten by many people, but still, it is very useful. When you listen to someone, you must really listen. If a conversation with you is no different from talking to the wall, you may not be attractive. There is something magnetic in the people who know how to listen.

Laugh

Any person becomes extremely attractive when laughing. Look at the world from the positive point of view. Try to laugh more often. Everyone likes a person with a sense of humor. Nobody likes a downer with a bad mood.

Smile

Smiling is the easiest way to be attractive. When you smile, you become more open to others. Did you know that the most successful people are constantly smiling?

Do not complain

Many people constantly complain, while making no attempt to eliminate the causes of these complaints. Stop whining and complaining about your fate, otherwise you will have even more troubles. Enjoy your life and be thankful for its gifts.

Feel your attractiveness

You can not be attractive in the eyes of other people until you feel you own attraction. Value yourself and be confident. However, remember that the line between confidence and boldness is very thin. Avoid the latter.

Be open to other people

Nobody likes closed, unsociable people. Be open to new relationships, communicate. No matter whom you talk with, remember - you are not worse. We are all part of one cell - of a mankind.

And the last, look how beautiful this world is and the world in its turn, will see how beautiful you are.

Give up bad habits



What is a habit? It's an action that we do without thinking. It appears very simply: at first we make something consciously, controlling all our deeds, later it's already easier for us to do it, and at last we don't even notice as we do all

these things. And this becomes our habit.

There are different habits. Some of them are very simple and don't influence us. Nevertheless, there are habits that are ruining our health or pushing away people. We want to get rid of them, but it's so difficult to do it! So difficult... but possible.

So what to do?

Determine why you do this

A habit it's not only an automated action, first of all it's the action that is caused by something in our subconsciousness. And before you try to give up your bad habit, you should determine the reason. For example, such a "popular" habit as biting nails is caused by stress.

I'll say it once more, if you try to give up a bad habit, first of all you should know the reason for it. When trying to get rid of some habits, you should learn to analyze yourself. It's very important.

Find something that you like in your bad habit

All habits have a pleasant emotional background. Because, if you do something all the time then you like it. For example, smoking can give plenty of emotions; people usually start a conversation with the help of cigarette.

So, if you want to give up a habit, you must decide whether it is important to you. For example, if you have a habit that irritates other people and you don't care what they say, then you don't need to give up this habit, to "torment" yourself. And vice versa, if your habit doesn't bring you anything except harm, you should immediately get rid of it.

Make a decision

A very important condition before trying to give up your habits is to make a decision. If you doubt it, you'll never achieve a positive result.

Get a new habit

A very good and easy way to give up an old bad habit is to get a new one, less harmful.

Make good conditions

Make good conditions when trying to give up a habit. For example, if you're trying to lose weight, avoid looking at tasty food, deserts etc.

Control yourself

Willpower is the most important factor for giving up a bad habit. When you can't control yourself, you won't be able to resist

temptation, and you will fail to give up your habits.

Try a self-hypnosis

Try such things as:

- Motivation
- Relaxation
- Concentration
- Imagination
- Autosuggestion

Remember that our behavior is entirely composed of a variety of habits. Ability to manage them - is the most important skill that helps to control yourself, and thus to control your life.

Ignore a non-constructive criticism

You don't feel at ease when speaking with someone who is criticizing you, or perhaps you feel humiliated? Believe me, there are no people without flaws in this world, but instead there are plenty of critics. The standard line of conduct in case when you are criticized – is denial, the response criticism, perhaps, explanation or complete paralysis because of injustice. Do not react to criticism simply maintain your self-esteem at the proper level. This will be your next step.

On the contrary, voice your positive features. Treat every situation with humor, especially criticism. Just think up a funny situation or reply and smile.

Also, ignore the criticism, turn and walk away, avoid the discussion if it is unpleasant to you, pretend that you are busy. Think about the meaning of the criticism and ask your critic to explain what he meant. Usually, in such cases the critic will withdraw.

You need to tell a person that you dislike such criticism, it's better than later suffering from these remarks. If it is the person you love, then convince that you love him/her and he/she will stop criticizing you.

And, finally, if you see that the criticism is fair, show your critic that you treat it with understanding. Sometimes it's useful to take into consideration the constructive criticism.

Manage your time



One of the main principles when trying to change your life for the better is to learn how to manage your time.

Many people are overwhelmed with their job and personal affairs, and they do not see a way out of this situation, believing that nothing can be changed. However, psychologists say that the main problem is the lack of time - you just need to want to change yourself.

And the best way to make these necessary changes is to learn how to manage your time effectively. **Time management** is the ability to determine what are primary tasks, and what are secondary, i.e. what tasks you should do first of all, and what can wait a bit.

But, there are a few things you should do before using time management in your life. Without them all your efforts will be useless. First of all, you should get rid of laziness and fear of making decisions, and you have to trust people.

And if you do this, then you can start managing your own time.

And here you have 8 ways how do to it more effectively.

1. Make lists

Plan your actions and put them down on a paper (you can also use your computer, but I think, a notepad is the best solution).

2. Encourage yourself

When having done a task, reward yourself for your work. It may be even a day off or a simple walk.

3. Concentrate on a one action at a time

Your brain works more effectively if you are busy only with one action at a time. And vice versa, the more things you do, the less effective will be the result.

4. Try not to postpone your tasks

Simply, a delay is the main "enemy" of our productivity.

5. Make a deadline for your tasks

If you make deadlines for all of your tasks, you will definitely save plenty of time.

6. Don't bite off more than you can chew

Very often people do too many tasks, they try to manage to do everything but the result is always negative. If you do too many tasks at once, you will just get tired.

7. Start your diary

Start your own diary where you can put down all your thoughts. There you can make plans and visualize them. Besides, there you can put down your tasks as well as the result of your work. Briefly speaking, with the help of your diary you can analyze yourself.

8. Try not to get tired

If you get tired of your job, of your tasks, you won't be able to

achieve a positive result, besides, you'll just waste your time.

Believe me, if you learn how to manage your time, you will have more chances to achieve your goals.

Stay motivated



Motivation is the best thing to go on working, achieving your goals, and finally living. Without a motivation we would be constantly depressed. We wouldn't know why we are doing this or that. Briefly speaking, motivation is everything.

But, how to find it? Motivation for different people can be different. For someone it's the idea of getting money, for other – of becoming famous. Sometimes the support of our family can be a good motivation. Besides, love is one of the best motivations.

And that's what I want to talk about right now. Love <http://www.oplife.org/2010/02/what-feeling.html> is a good motivation, but it's too complicated. Sometimes it doesn't seem to be a motivation at all, but on the contrary...

Nowadays, very often we can observe people a little depressed and gloomy. And it isn't hard to notice. It often happens that people do not know what caused these changes. This is not a disease but rather a habit, besides, we have other diseases and allergies, and all this influence our bad feeling which we know as "depression".

What is it, how to live and work with it and how such a deep word as "love" helps us to go on living?

It's not so difficult; really love helps a lot to cope with depression, to enjoy life. The great thinker and spiritual guide, Osho said that only love heals any psychological disorder.

Here we have to understand that depression is some sort of cluster of fear, and it is very unpleasant for our body. But when we are in love, then the consciousness goes beyond this fear, we have more space for understanding this unpleasant phenomenon.

I know such cases when people fell in despair because of being lonely, and because of the fact that they couldn't find their beloved. But, we mustn't be depressed, there is always time when life helps us to find our mate.

No matter what sorrow is, you have to accept it, and life will do everything so that you will find you beloved, and later carnal love and intimate relationship between two people, will help you to get out of these uncomfortable feelings.

Help others

The next step to change your life for the better is to help others. Yes, it may seem strange, but it's true. I won't speak much about it.

Just do it, help others! Do something for others, and you will see that it will raise your vitality.

It really gives you a positive motivation, regardless of whether you have fed the homeless or made a supply of drinking water to

the countries of the third world or just helped an old granny to cross the street.

Believe me, it helps! You feel that you made something good, that you can be useful to the society.

Be an optimist

The optimistic view on the world not only improves your health, but it also prolongs life. Scientists' research has shown that optimism reduces probability of development of cardiovascular diseases almost by 50%. Earlier researches prove that bad emotions and stresses negatively affect heart, provoking development of illnesses.



Now, for the first time, there are the results which show the possibility to prevent the development of heart illnesses with the help of your smile.

So, take it easy, be an optimist and simply... SMILE!

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