Change Your Life: How to Make Every Day the Best Day of Your Life

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"Write it on your heart that every day is the best day in the year." ~ Ralph Waldo Emerson

So many people go around saying that they want to change their lives and that they want to live more meaningful and happier lives but because they perceive change as something that's out there in the future, far away from where they are, they start feeling overwhelmed and eventually give up.

Well, since our life is made up of days and since we can change the quality of our lives by changing the quality of our days, today's post is meant to help you change your life without feeling overwhelmed. By taking one step at a time, one day at a time…

"You don't start out saying you're going to build a wall. You don't start off saying "I'm going to build the biggest, baddest, greatest wall ever." You start with a brick. You say "I'm going to lay this brick as perfectly as a brick can be laid." Do that every single day and soon you'll have a PERFECT wall." ~ Will Smith

1. Establish a Morning Routine

"Count your good deeds every morning and fill your mind with positive thoughts. That is secret to being happy and inspired all day long." ~ Voile Corine

Spending 5 – 10 in silence, jogging, walking, stretching, preparing and drinking your tea peacefully and undisturbed

will do wonders for your day and for your whole life. And please, no excuses.

Morning is the time when you set the tone for you entire day and if you don't have a healthy, positive and empowering morning routine, it's time to create one. No matter how old/young you are, no matter if you have 10 kids and 20 nephews, a very demanding partner who's always hungry and a house full of pets who make strange noises and demand all kind of things from you, before you take care of them, you must take care of yourself!

2. Create a Personal Mantra

"The mind is everything. What you think you become." ~ Buddha

Create your own personal mantra, something that will make your mind realize that you are serious about making every day the best day of your life. Replace your negative and self defeating self talk with your personal mantra.

Here's one example: "Every day is a new life for me. I choose to make every day the best day of my life. I choose to make each day a wonderful, loving, meaningful and happy day."

We all know how many crazy thoughts run through our minds on a daily basis and since many of these thoughts are negative and repetitive, creating a personal mantra and repeating it to yourself whenever possible will help clear your mind of many of your negative thoughts, making room in your mind for more positive and self empowering ones.

3. Tolerance and Care

"If we could look into each other's hearts and understand the unique challenges each of us faces, I think we would treat each other much more gently, with more love, patience, tolerance, and care." ~ Marvin J. Ashton

Every day seek to be kind to those who are kind but also to those who are unkind. Do not allow anger, hate or resentment to poison your heart. [Forgive and let go](). Do it not because those who might harm you deserve it, but because you do. Let your mind be at peace. Let your heart be filled with love. Do good and you will feel good. Treat everyone with love, kindness, tolerance, care and compassion.

4. Let go of that which no longer serves you

"For the past 33 years, I have looked in the mirror every morning and asked myself: 'If today were the last day of my life, would I want to do what I am about to do today?' And whenever the answer has been 'No' for too many days in a row, I know I need to change something." ~ Steve Jobs

Every day is a new life for a wise person and if there are things, people and experiences that hold you back in life, making your days less happier and less meaningful than it should be, see if you can let them go. Don't burden yourself by carrying their heavy weight on your shoulders. Tie no weights to yourself. Travel light. Let them all go.

5. Love Your Self as if your life depended on it

Today and every day, get into the habit of loving yourself as if your life depends on it. Speak to yourself in the same way you would speak to someone you really, really, really love. And most importantly, treat yourself as if you were the most precious, most loving and most amazing person on this planet. Because you are □

6. Live as if you'll die today

There's a great quote from James Dean that goes like this: "Dream as if you'll live forever. Live as if you'll die today." and this is exactly what I'll advise you to do. To dream as if you'll live forever and live as if you're going to die today. To infuse passion into your every day life and to have fun in all that you do. So that when the time comes for you to look back at your life, to have no regrets and to feel proud of the life that you have lived.

"Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart."~ Steve Jobs

7. Empty your mind of all thoughts

"As you lie in bed preparing for your nightly slumber, remember that the last thought you have in your mind can last up to four hours in your subconscious mind. That's four hours of programming from just one moment of contemplation prior to going into your unconscious state." ~ Wayne Dyer

Every night before you go to bed, you must empty your mind of all thoughts, all worries and all things that happened to you during the day and all things that need to happen the next day. Don't allow yourself to go to bed with a head full of noise. Don't do that to yourself.

Your mind, just like your body needs to rest and recover and by emptying your mind of all thoughts each night, you will wake up feeling a lot more energized, refreshed and full of life.

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