



How to improve the quality of life

Here are some key tips that will ensure the betterment of your life

Sleep well

Sleeping at least 7 hours a day will certainly improve your life. It is very important to point out that sleep is needed for mental stability. Sleeping organises information in your brain. If you sleep well, you will be capable of focusing more intensively and for longer during the day.

Eat a decent breakfast

Eating a fat-containing meal, is crucial to have a lot of energy for and in the beginning of the day. Avoid carbohydrates and eat a lot. The day you ate a great breakfast will stand out as the most productive one.

Exercise

Exercising makes you feel more confident and energetic. When you exercise daily, you can see that after the exercise you want to do so much more than before. Everyday training will not only ensure your health being taken care of but also will bring the unexpected outcome of lowered anxiety levels. Your body is your gateway to your mind.

Clean up your room

Ensure that your surroundings don't interfere with your mood. If your room is messy, clean it, organise the space around you. Your surroundings has a huge impact on your mood. Brighten up your house, decorate it, make one place really beautiful. Resist the temptation to leave something undone, because it will pop up when you least want it to. Control your closest surroundings, it's obviously not a museum so don't overdo it, but not a graveyard either.

Always evaluate

If you sit and think for a while about the thing that is bothering you, you will find things you would;t like to know. Evaluating lets you get rid of all of the unnecessary and useless things about you to burn off. If you take only valuable factors into account, you will see which are useless, which you should let go of. Don't flip a coin on that, evaluate, it's powerful.

Tell the truth

If you were to lie everyday to everybody about everything, what type of world would you create for yourself? If you tell the truth, people will know who you are, you will know who are they, you will know where you stand. you will be able to properly interact with your surroundings and the society. When a catastrophe strikes, you will have solid ground to stand on, the truth, and a pile of lies would be just another dragon wanting to eat you. Tell the truth, have some solid ground to work on.

Following all those steps will guarantee change and movement forward. You will have a lot of energy from eating and sleeping well. That energy could be consumed by cleaning your room, taking care of your surroundings. That would initiate the next step, which is evaluation. You will know what you have to change in your surroundings and in you to benefit as much as you can. That letting go process needs to be undertaken with simultaneous strive towards the truth. That will give you a ground to stand. All of that will give you a great start, the only thing next, is for YOU to amplify it into something bigger and more profound.