

BOOST YOUR QUALITY OF LIFE

Action #1: Find diversion

The most basic rule of boosting your quality of life is to find something that brings you happiness, for example passion. It is very important to have sort of diversion from the everyday life.

Action #2: Remember about sleeping

Another crucial aspect is to sleep long enough. When you have energy, your mind is clear and decisions, which you make are conscious. When you feel tired during the day, you can take a nap.

Action #3: Live with peace with your body

Providing good care to your body is very important through the process of increasing your quality of life. You can do that by many different ways, for example by eating healthy stuff in small amounts.

Before you apply the advice to improve your life, you need to consider what it is for you and what value it has for you. You have to want to live it out as best you can and use this time to do all the things you've dreamed of.



Action #4: Don't feel FOMO

FOMO is a fear of missing out. This is a very common phenomenon. We are afraid to miss an important event, or we are afraid that something important will happen during a meeting where we are not present. It's kind of a phobia. Always in such situations, you should take your thoughts and cut yourself off.

Action #5: First think afterwards

Think about your decisions. Everything we do later on bounces back. Do not make snap decisions. When you have got second thoughts, go back and think again. To make better decision you can narrow the list and point the most important pros and cons. Trust your gut but remember: always think twice!



