

FEEL FREE TO IMPROVE YOUR LIFE

Living a meaningful life means that you're at peace with yourself, with your life, and with everyone around you. Do you think you're living a meaningful life? Take a look at this list below and see how close you are to living your meaningful life.

We all want a meaningful life even though we don't say it or recognize it.

Take a look at the following bullets and highlight the ones that match with you right now.



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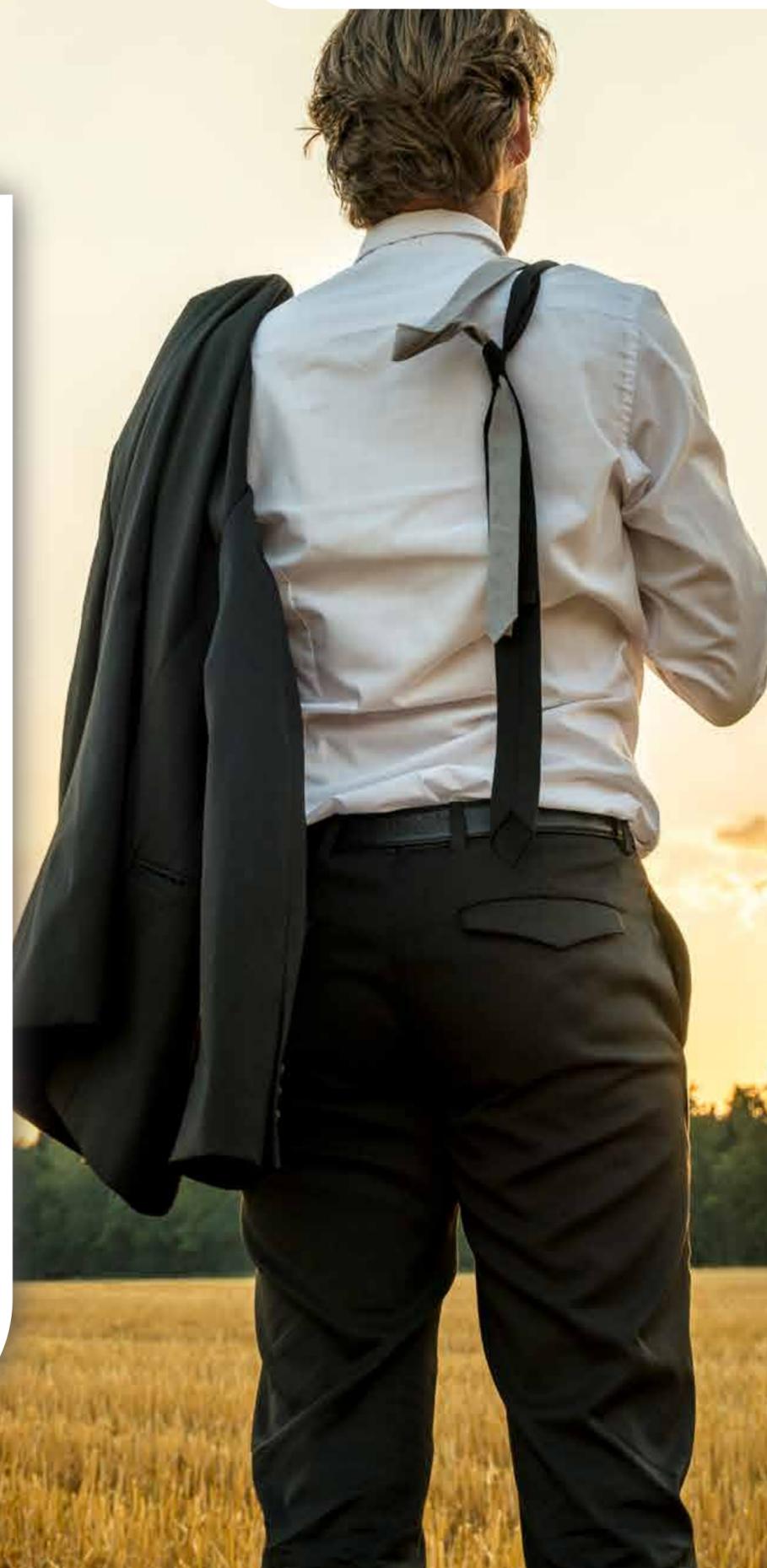
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Although this is not a comprehensive list, and much less in order of importance, it will give you an idea of where to start so you can begin living the meaningful life you desire.

- You are excited about your day and can't wait to start living it
- You no longer care what day of the week is (ie: Friday or Monday)
- You're not afraid to try new things
- You want something, you go get it
- You're excited when you figure something out
- You know life is not that serious but it's also not a joke



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- You set up goals but are flexible and gentle with yourself if you need to change them
- You know yourself so well and love and accept the way you are
- You feel you are your best friend
- You enjoy silence and solitude
- You have healed some past hurts and know what to do to keep healing
- You understand you are not your mind
- You understand you are valuable and important
- You understand the game of life
- You're always looking to improve yourself and your life
- You take care of what bothers you
- You know what to do to feel good
- You know you're doing the best you can
- You know or feel or have an idea of your purpose here on earth
- You know failure is not a bad rap like most make it sound
- You're okay with uncertainty because you know you can adjust
- You know how to manage your emotions
- Your emotional state does not depend on any thing or any one
- You know what you want
- You know what you don't want
- You know you have the power to be, do and have anything you choose



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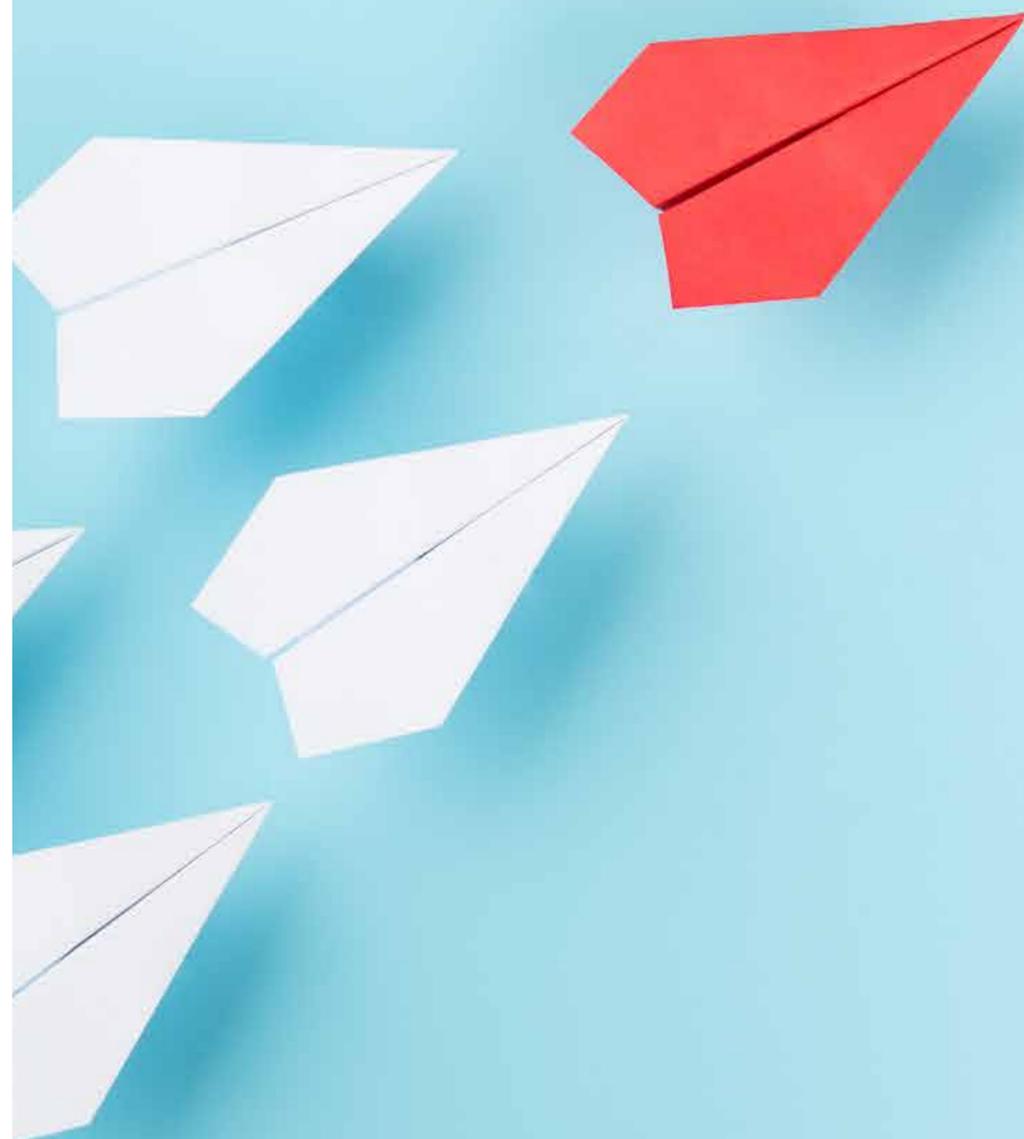
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You don't have to have all of these points nailed down, but the more the merrier, literally!

Just make sure you're honest with yourself when highlighting the bullets you've mastered. Also, you don't have to brag about how meaningful your life is, instead live it well so others can see it's possible and can learn from your example.

Life is without meaning. You bring the meaning to it."

Make your day joyful.



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