



Loving *Life* Fully

A FEW THOUGHTS FROM DR. HERB SENNETT

HOW TO ELEVATE YOUR LIFE

WHAT IS STOPPING YOU FROM LIVING LIFE TO THE FULLEST?

Everyone in life shares a similar goal – to find happiness, love, and light in our lives. Sadly, that isn't the case for many people. When you're old and gray you'll want to look back on the life you've lived and see one that was full of adventure, laughter, and happiness. It's not an unusual hope to hold, most people have that hope. Yet, the most difficult part of living life to the pull is reaching a point where you can do what you want.

There are a lot of things that may be holding you back, a big one could be negative self-talk. It can be difficult to transform those thoughts into more positive ones, especially when they've plagued you for so long. Once they've been in your head for long enough you believe it.

The Thinking That Is Holding You Back

"I CAN'T DO IT."

This is one of the most debilitating negative sentences you can tell yourself. If you believe that you can't you won't. It's probably the reason that you gave up on a number of dreams and chose to settle for something else. Try this, the next time you're discussing hopes and dreams with a friend, just ask what is holding them back from achieving them. They're probably going to say that they just can't do it because [insert excuse here]. Whether that excuse is it's not the right time to take a risk or that their financial situation won't allow it. There will always be an excuse because when you believe that you can't you will find a way to explain why you can't.

Want to beat that? Make a list of the accomplishments you thought you wouldn't be able to achieve but you have.

"I'M NOT GOOD ENOUGH"

You tell yourself that you're not smart enough or talented enough, but it has probably stemmed from the comparisons that you've been making with people around you. It's demoralizing and it can be destructive. For example, if you want to be a writer but you compare yourself to Stephen King or Margaret Atwood then you very well may give up before you've really gotten started. The part of the picture we often miss is the failure and years of hard work, they put in before achieving their level of success. You can't compare your starting point to the results of others.

“WHAT IF...?”

It's natural to consider your future, but if your thoughts are plagued by the what-ifs and they're all negative then you're limiting what you can achieve. While the future may be uncertain, if it only holds negative things in store for you is illogical. Life won't always turn out the way you want, but risks are a must.

“I HAVE TO BE PERFECT!”

No one is perfect – no one, not even you. Are you terrified by the thought of failing and worried about disappointing your loved ones or people reveling in your mistakes? Don't be, it's exhausting and can hold you back.

“I'M A FAILURE.”

There are plenty of reasons why something might fail, and we're guilty of overgeneralizing them. Just because a handful of your romantic endeavors have failed doesn't mean all of those in the future will, it doesn't mean there's something wrong with you. It just means that it didn't work out in these specific romances. Making a generalization doesn't provide insight into the numerous reasons that contributed to something not going your way.

The sooner you learn how to mitigate your negative thoughts and replace them with positive ones the sooner you will be able to start living your life to the full. Negative self-talk is a major stumbling block in your journey to living a fulfilling life. In fact, it might just be the only thing that is holding you back. Turning those thoughts around is one way to live your life freely.

You don't need to conquer the world to live a happy life, you only need to conquer yourself.

SO, STOP LIMITING YOURSELF AND ELEVATE YOUR LIFE.

From childhood, we are fed mantras such as, “if you can see it, you can be it” or, “you can be whatever you set your mind to.” When we reach adulthood, however, those aspirations seem too good to be true. Reality begins to set in and unfortunately, we begin to doubt our abilities.

The truth is there are no limits to what the human mind is capable of. When we put in the necessary amount of work, we truly can achieve whatever it is we set our minds to.

But, what's standing in the way of us believe it? Many attribute their lack of success to fear. They're afraid to take that leap into something different. They shutter at the thought of failure. Ultimately, they're not confident enough in themselves.

In life, we all experience that moment of clarity when we meditate on our life and decide that it isn't enough. We crave the satisfaction that comes along with finally reaching our goals. With these tips, you can confidently elevate your life and stop limiting your capabilities to ultimately reach success!

1. Elevate your Mind

Education is the root of all wisdom. You simply cannot elevate your life without challenging your mind to new concepts. Our society is advantaged in that we have Ivey League courses readily available to us for free!

We have unlimited applications that even read books to us. Let's not forget the advances of YouTube and other video sites that are filled with educational seminars, videos, and tutorials that can teach us virtually anything.

When you open your mind to new information, you are using elements of your brain that were otherwise motionless. This not only heightens your perception, it encourages superior thinking. You'll develop confidence in your abilities because you tackled a difficult task.

From your learning, you may realize where your passions truly lie. This can open many doors both professionally and socially. Read and take in as much knowledge as you can. Trust me, you will never regret learning something new.

2. Get Rid of Doubt

Doubt is the killer of all dreams. Sure, there's validity in reasonableness, but is it practical to be so...practical? When we doubt our ability to do something, we are in effect putting ourselves down. We are telling ourselves that there is no way we could ever accomplish something so grandeur. Well, I'm here to tell you that you can truly accomplish whatever you set your mind to IF, you rid yourself of that pesky doubt. When your mind is telling you that a feat is too treacherous, use that as your ammunition to push forward even harder. Resist that voice so viciously that it eventually is non-existent.

You can build your self-confidence through practicing daily affirmations. Write down all of the positive aspects of yourself from your physical appearance to your talents. Repeat these daily until they're deeply ingrained.

Vincent Van Gogh, arguably one of the most influential artists of our lifetime, experienced self-doubt on a heightened level. He used his desperation, doubt, and instability to create works of magic. He once quoted, "If you hear a voice within you say you cannot paint, then by all means paint and that voice will be silenced."

3. Surround Yourself with Inspiration

"Birds of a feather, flock together" is a great motto to live by when choosing your company. Submerge yourself into a culture of individuals who strive for progress. This also includes seeking inspiration and motivation through your recreational activities as well. Put down the phone and get active! Visit museums, exercise, try different foods, and create new experiences.

Fighting against human nature is tough. But, the outcome of success will be worth all of the work you put in.

You can aspire to be bigger than what you currently are.

You deserve it! Continue to evolve into the person you're destined to be and your life will be consumed with purpose.