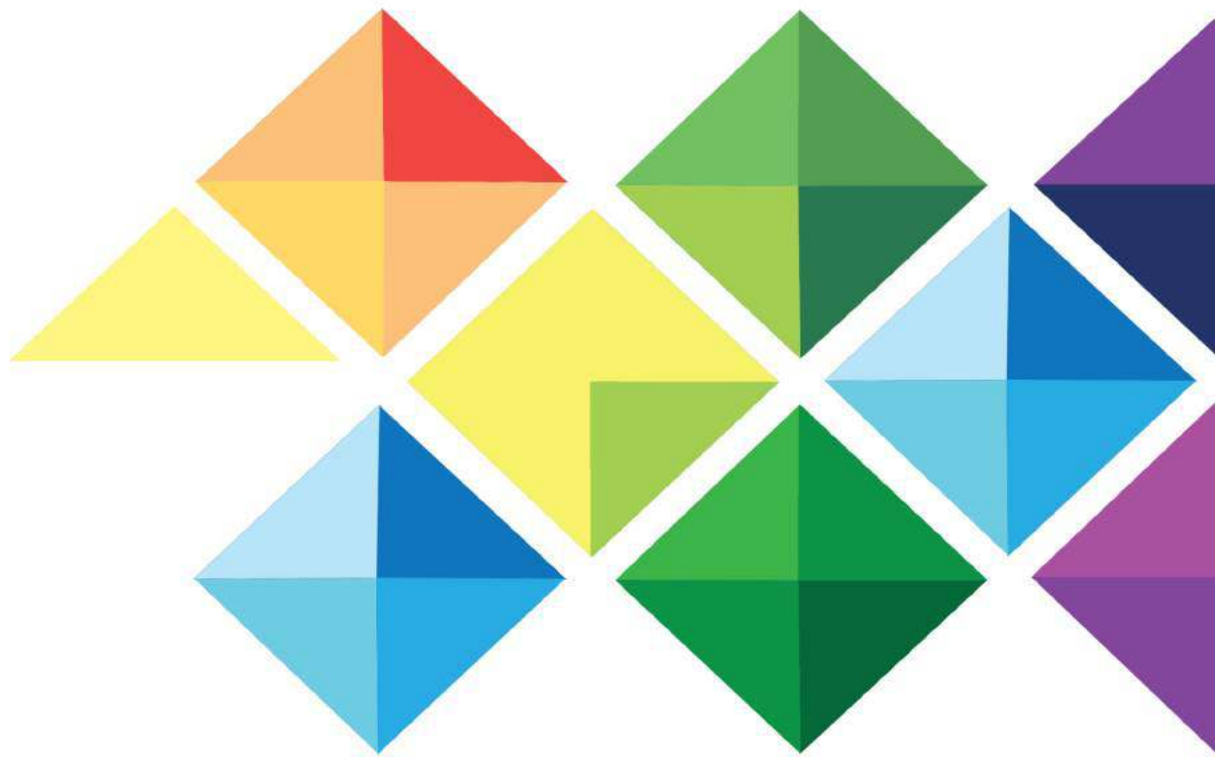




20 Tips For a Better Life Now





Introduction

Welcome to our guide for living a better life. Our goal is to give you practical ideas that can be applied instantly.

We're all looking to enhance our lives and to more fully enjoy life and the world around us. We at RCC believe that the following timely and practical tips will make a difference in your life. Read them with an open mind and try to implement the ones that speak to you.

With a bit of thought, application, and effort, we can all live more happy, healthy, and meaningful lives.

Give it a try and see for yourself. Let us know how it goes.

RCC Staff

20 Tips for a Better Life Now



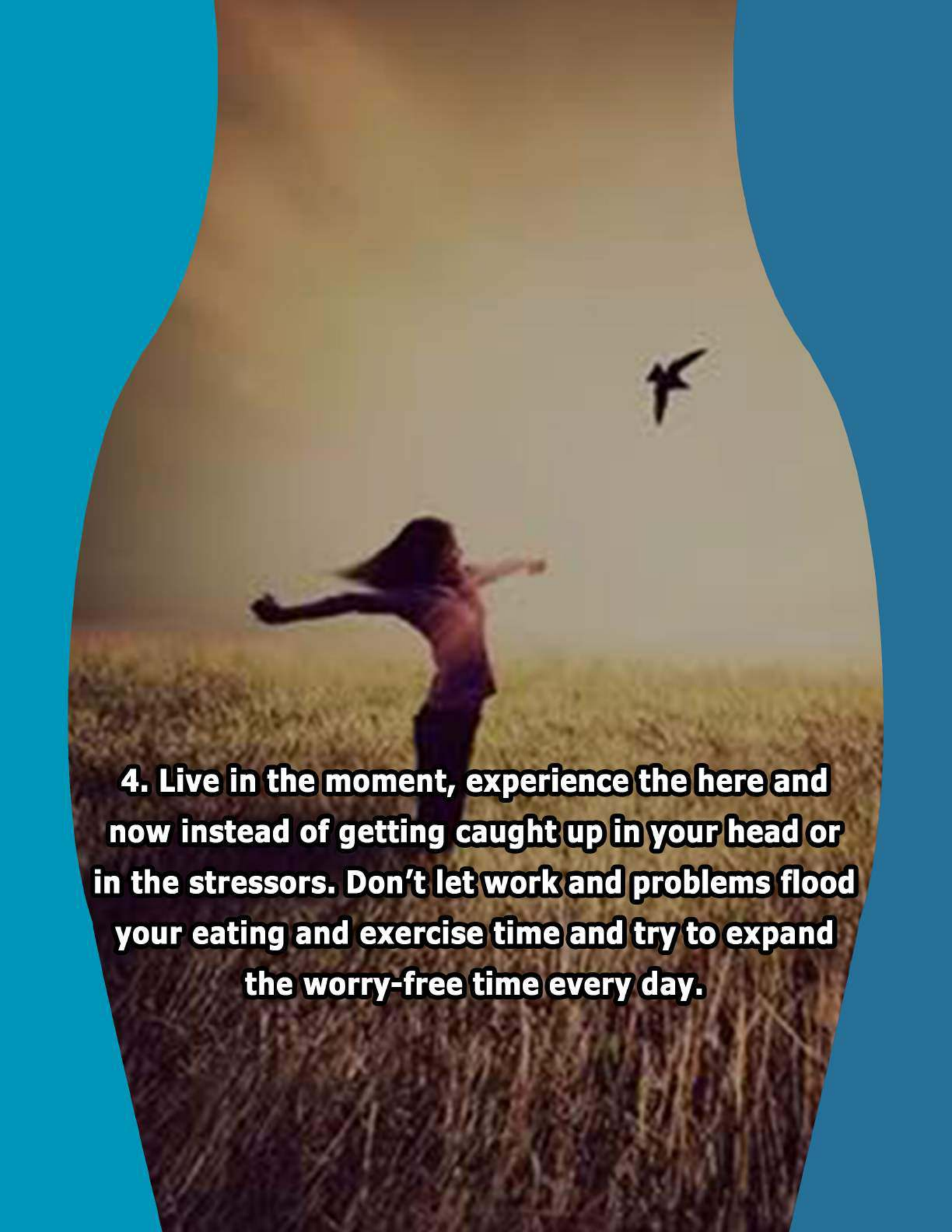
1. Take the time to savor your family, friends, spouse, positives of your job, your home and even your smile in the mirror. Mindfulness goes a long way.



2. Identify your values and live by them to create meaning and inner fulfillment. Don't worry about what others think



3. Don't allow external circumstances control your life, look inside at your internal world to see what is causing you to react or feel a certain way.

A person with long, dark hair is captured in a dynamic, joyful pose, running or dancing in a vast, golden field. Their arms are outstretched, and their hair is blowing in the wind. In the upper right portion of the sky, a dark silhouette of a bird is in flight. The entire scene is framed within a large, light-colored, irregular shape that resembles a stylized human torso, set against a solid blue background.

4. Live in the moment, experience the here and now instead of getting caught up in your head or in the stressors. Don't let work and problems flood your eating and exercise time and try to expand the worry-free time every day.



5

Appreciate the good and the positive in yourself. Focus on your positive traits, rather than ruminating on what you have to work on. If you're thinking about something for more than ten minutes without committing to change, you probably are on the verge of rumination.



6. Have an end goal in mind when starting any endeavor. Ask yourself, how will I measure success?



**7. Focus on the finish line, completion of your goal,
act it out, feel the emotions that you will
experience when you get there and let
those emotions be your present
motivation.**



8. Ask the three most successful and happy people in your life how they did it. Listen carefully and try to emulate as applicable. Share the answers with us too so we can expand this list!

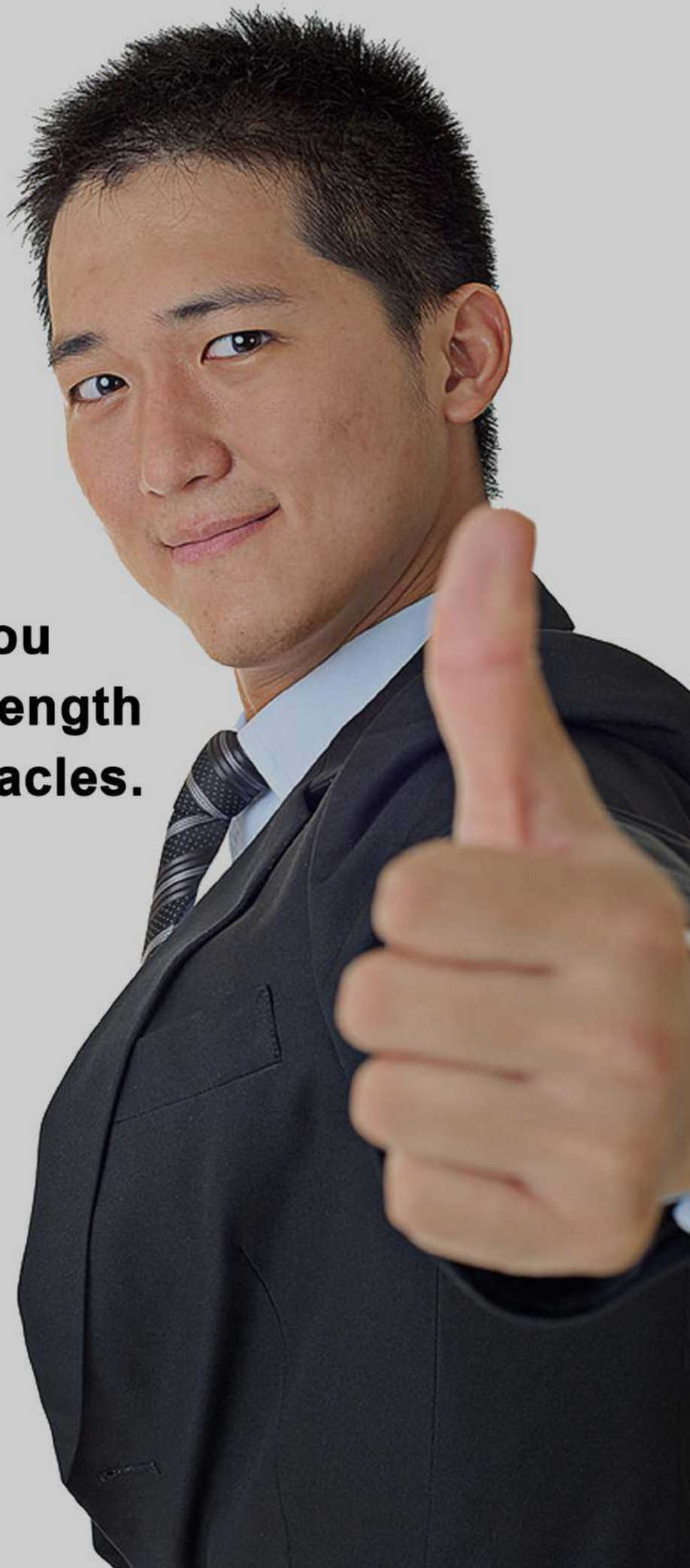


9. Do at least one each day: dance or sing.

For better results do both. Now.

What are you waiting for?

**10. Believe that you
have the inner strength
to overcome obstacles.**





11. Turn off your phone when you're resting, eating or with loved ones, there is nothing more disruptive to intimacy than a call, text or email. Shut off your device and give some love and attention.



- 12. Write a one paragraph summary of your life-story. Now rewrite the rest of the story in one positive paragraph. When you feel yourself getting off track refer back to that new paragraph. Throw away the old script.**

13. Be attentive to your own needs - take care of yourself physically, emotionally and spiritually. Be unapologetic.





14. Dress to impress, yourself and others - making sure that your outside is a mirror of how you want to feel.

15. Invest in meaningful, fulfilling and important relationships above anything else. Spend quality time with family and friends.





16. Focus on the positive in others - show gratitude and they will reciprocate.



17. Get rid of toxic relationships - socialize with people that you enjoy being with and people who empower you to shine.



18. Eat healthy and exercise regularly. Take a walk or jog for 20-40 minutes 3-5 days a week. Get fresh air and force yourself to walk around the block after one meal a day. When we take care of our body this enhances our emotional health.



19. Do things you find relaxing, enjoyable, pleasurable and meaningful DAILY. Don't put it off- schedule self care time on your calendar and treat it like a meeting with a most important person - you!



20. Get a good night's sleep. Don't make important decisions or have important discussions when you are tired. It's amazing how much sleep can do for us.

Conclusion

We hope you found the tips in here practical and useful. Share your story with us. We really appreciate your feedback.

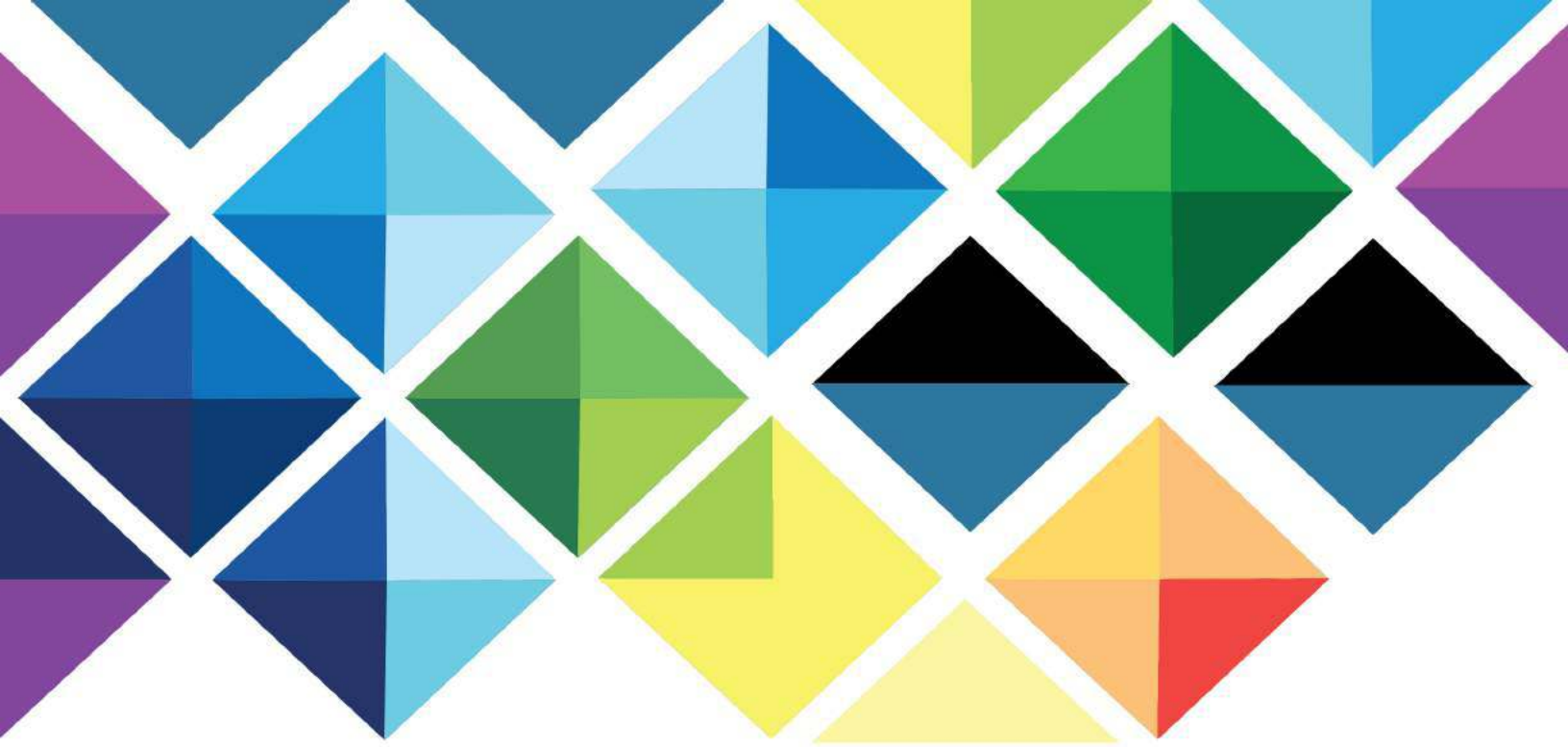
Need help reaching these goals? That's what we're here for. Just give us a call or visit:

rccbaltimore.com/intake

Contributed By:

Dr. Michael Freedman, Joseph Tropper, Aviel Feldman, Connie Meyerowitz, Hillary Safier, Shlomo Schor and Ina Schwob

Cheers to a good life!



Recovery Counseling Center, LLC

7211 Park Heights Ave, Suite 4

Baltimore, MD 21208

Office: 443-681-9150

rccbaltimore.com

