

The 'Loved-Up Life' Formula

7 Ways to Thrive in Life

Every individual life journey is unique, however, there are fundamental elements that create a lifestyle that is *thriving*. I call the sum of these elements the '*Loved-Up Life*' Formula – 7 essential ingredients that propel us towards a thriving life.

These are:

- Maintaining personal wellbeing
- Long-term health and exercise habits
- Success and self-responsibility
- Communication for success
- A positive support network
- Purposeful plans and goals, and
- Fun, pleasure and joy!

With this formula in your tool kit, you have the power to reduce stress and anxiety, maintain restorative sleep, improve energy, focus and concentration, fine-tune your decision-making skills to be aligned with your purpose and values, nurture healthy self-esteem and self-worth, and stay connected with your intuition, your inner-compass – your sense of self – at all times.

All that is required of you is the willingness to replace habitual behaviors that keep you stuck, with new approaches to your daily life to propel you toward a thriving life; a life of greater clarity, happiness and personal success.

Are you ready to start thriving?

Maintaining Personal Wellbeing

- The process of developing and maintaining your personal wellbeing first begins with learning how to calm your mind. This significantly reduces stress and anxiety and enables you to process your emotions in a healthy manner.
- Two ways to calm the mind and manage your emotions involve *deep breathing* and *mindfulness practices*.

Long-term Health and Exercise Habits

- Regular daily exercise, a good diet and restorative sleep are the building blocks to thriving in life. They assist in cultivating greater clarity, energy, happiness and the fulfilment of personal success.
- These core elements are not a luxury, they are *vital*, and can be incorporated into your daily self-care regimes and rituals.

Success and Self-Responsibility

- Success in any part of life requires learning how to effectively take responsibility for your self – *your emotional, mental, physical and spiritual needs*.
- Developing a supportive, unconditionally loving, nurturing relationship with your self is key to your success. It is common to find this challenging but worth the effort to cultivate.
- Western culture is predominately driven by achieving financial success without equal focus on nurturing and nourishing ourselves. Our need, beliefs, values, wellbeing, mindset, relationships and sense of joy in life require our focus too.
- Learn to prioritise your needs, values, wellbeing, mindset, relationships and joy beyond what the dominate culture or other people dictate. Follow *your* inner-compass.

Communication for Success

- Ultimately, the only person we can control is ourselves. We also have control over:
 - How we communicate and behave with ourselves and others
 - The meaning we apply to life experiences
 - What we focus on
- Our brain is hard-wired to attract more of what we focus on, so it's wise to focus on the things that are meaningful and valuable to us. This includes holding supportive beliefs and taking action that will best fulfil our values and needs.
- Developing *conscious awareness* of how and what we communicate, as well as the meaning we attach to events, relationships and experiences – to ensure it is propelling us forward - is a skill worth mastering.

A Positive Support Network

- Who we choose to engage with directly influences and affects our state of mind and our ability to pursue our life goals.
- This is also true in relation to the media we consume. The groups and communities that we become involved with – both on and offline - influence us significantly.
- This is where the saying applies: 'You become like the 5 people you spend the most time.'
- You are the one person who can change your life — *surround yourself with inspiring people and situations to cultivate your personal success*.

Goals and Plans

- To progress in life, you will first need to be clear about the outcomes you wish to pursue (your goals), and why you want to pursue them (your why or motivation).
- Dreams and goals are achieved by accepting personal responsibility — *you are the master of your destiny*. Life is a beautiful journey of working steadily toward achieving them, on a daily basis.

- Your goals may not be achieved immediately but if you know and understand the results you want to achieve, you will be more likely to move toward it and to successfully achieve that goal.
- Paint a vision of your future that is enticing, compelling and exciting. Meditate on moving towards your ultimate outcome on a daily basis. Celebrate the smallest of wins. Revel in the process!

Fun, Pleasure and Joy!

- Most importantly – have fun!
- Know what fills your ‘cup of joy’ and prioritise fun activities regularly.
- Inside each of us is an inner child who thrives on fun, play and creativity. To support our adult self, support your inner child; life is meant to be pleasurable and satisfying. Life is playful – catch yourself when becoming too serious.
- Set the inner child free to play and run-the-show every so often. Embrace and nurture him/her to create happiness, success and a thriving life. You won’t be led astray!

Thrive in Life!

Much love & respect,
Chalisa