

# 12 DAILY HABITS FOR A SUCCESSFUL THRIVING LIFE



**SUE GUIHER, THRIVE FOR SUCCESS**

# 12 Daily Habits for A Successful and Thriving Life

## Being in the present moment

You may have heard the expression a million times about living in the present moment. It might sound a little Woo, but it's really a great way to create new habits for your optimal health and well-being. Why? Here's why.

Being in the present moment is a gift. When you live in the present moment, your past is not invited into the room. It's gone, over and done with, and it has no power over you or your present. When you invite your present moment to take the stage, you also alleviate worry and concern regarding your future.

## Practice gratitude daily

We have so much to be grateful for and to be upset about. It's called life. There are upswings and downward battles. It's all in the focus on these events, though.

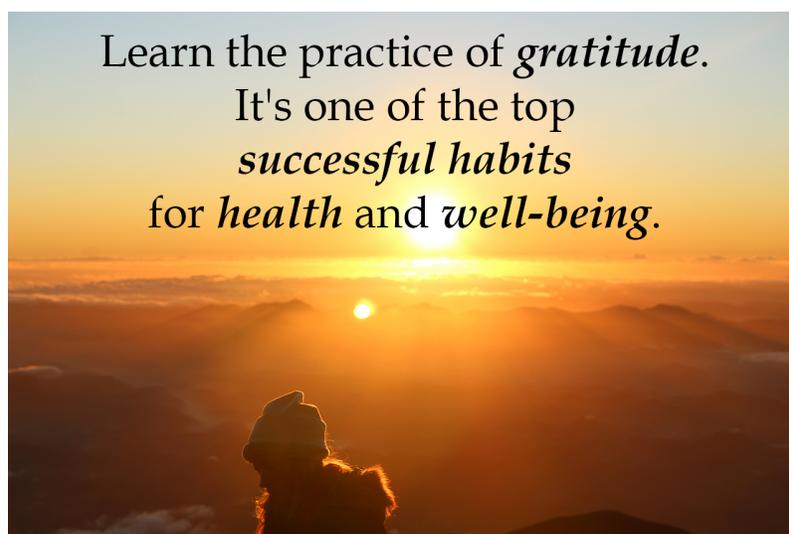
When you create a new habit – and yes, it's a habit – of gratitude, we create new habits that work for us and our lives. Gratitude is a practice, and is one of the top successful habits for your health and well-being.

Begin your gratitude practice the moment you open your eyes in the morning. It's so easy to focus on how grumpy, tired and not ready for another day of work we are. However, when we open our eyes and are grateful for another opportunity for another day, then we begin to live into our healthiest and highest state of well-being on all levels.

Well-being, of course, means your physical health is intact. However, it also means you are well in mind and spirit as well.

Take a look around and see any small thing to be grateful for – even if it's coffee. Think about a world where coffee becomes extinct. Sounds outlandish, but the point is clear. There is so much to be grateful for from the coffee we drink to the rain from the sky. Take some time and get into the practice of gratitude.

You can end each day with a moment of gratitude. As this becomes more and more habitual to you, notice your outlook on life. Have you noticed a shift to being more positive?



Learn the practice of *gratitude*.  
It's one of the top  
*successful habits*  
for *health* and *well-being*.

## **Have Quiet Moments Each Day**

We all have such busy lives, but it is essential to quiet our minds daily. Take a few moments each day and just be quiet and be still. If you have to go for a walk or go sit in your car for a few minutes of quiet during lunch break, then you can choose to do so.

If you want your few moments of quiet to begin your day with, then do this if it works for you. Many people like to end their day with a few moments of quiet, as well. No matter what time or place you choose, make certain to create a new habit daily of getting quiet and getting still.

It's in those moments of quiet and of stillness where you find all you need to know. Answers to things you are not thinking about come to you. Did you ever go look for your lost keys and wind up finding something else totally unrelated? This is similar to how being still works. When you are not focusing on something, the answer sometimes simply becomes apparent.

## **Smile and Laugh**

If a focus on health and well-being is your mantra, then smiling and laughing are two of the best habits you can create for yourself. If you have to, put laugh out loud on your daily to-do list. You won't be sorry.

Laughing and smiling release endorphins, which are also known as feel-good chemicals. These feel good chemicals work in two ways. For starters, they increase the release of endorphins and decrease the release of cortisol. Endorphins are natural feel-good chemicals and cortisol is a damaging, stress released chemical. If you want less cortisol and more endorphins, then it's important to laugh out loud at least once per day. Find things to smile about. It's not so hard. Watch a funny video or movie or read a joke. Laughing and smiling are great habits to learn. Share a smile with someone else; bet they smile back. See, you just helped someone else become healthier. Doesn't that feel good?

## **Practice Giving Yourself One Act of Loving Kindness Daily**

What does improving success and well-being have to do with being kind to yourself? A lot. We all have a tendency to give up our power and turn our happiness over to the care of others. We wait for love, adoration, attention and affection. However, what we don't realize that our well-being and success are our responsibilities. When you feel in control of your life, you will take steps forward to create moments of success.

In order to have a healthy and fit spiritual and physical life, we need to pay attention to ourselves once in a while, too. It's okay to love and nurture ourselves. We don't have to give all of our power away to others like our family, friends, and colleagues. We can nourish and treat ourselves kindly.

Take a moment to be kind to yourself. It doesn't have to be an elaborate event. You can take a moment to really think about what you appreciate about yourself. It only takes a minute. Are you resourceful, kind, loyal? What's your best quality? Take a minute to acknowledge yourself and own it. It's not being conceited. It's being self-loving.

## **One act of loving kindness to someone else daily**

Once you get in the habit and practice of being kind to yourself, you will come to understand how important kindness is to overall health and well-being. We all need kindness, each and every one of us.

Get into the practice of being kind to yourself, and then make that an extended part of who you are and how you show up in the world. Being kind to someone daily doesn't have to be elaborate or difficult, either. It only takes a minute. Even if you just hold a door open for someone. How about that smile from before?

Remember, smiling releases endorphins and when you smile at someone, they can smile back at you, causing lots of feel-good feelings being released on both the giving and receiving end of it.

Smiling takes a brief second, but can change someone's day. Knowing you had an impact on someone can increase your happiness, health and well-being as well as theirs. That's a win/win situation for all.

## **Practice passion**

Do one little thing every day you feel passionate about. It doesn't have to be this grand scheme which reaches the masses. A small goal toward a bigger goal that makes your heart sing is perfectly fine. Something that makes you jump up every morning and get out of bed. You may want to simply write in a journal or you may want to create a business plan for a new business idea. It may even mean making that phone call to schedule a lesson for that musical instrument you've always wanted to learn. Whatever you have passion about, it's time to get up and jump up for joy and practice passion daily.

## **Pick one way to nourish your body, mind and spirit daily**

Pick one way to nourish your body, mind and spirit daily. Whether it's a cat nap or a vitamin or a walk around the block, take time to nourish your body, mind and spirit. If you want to simplify this exercise even further, take turns picking one category such as body, mind, or spirit.

From there, take time to nourish that one area. For example, get some exercise if you choose body or get the same amount of rest every night. If listening to music soothes your soul, then go in that direction. Either on your way to work or on your way home, or at night before bed, say a prayer of thanks in order to feel a good feeling of health and well-being for your spirit. When you have clarity of mind, a feeling of calm, and a sense of health and well-being, then you create a thriving life.

## **Learn how to prioritize where you want to spend your time and energy**

One of the fastest tracks to creating new habits to improve your success and feeling of thriving is in creating good time management skills. When your time and your schedule are scattered, so are you.

It's impossible to be successful in the area of health and well-being when your time and your schedule are scattered. One of the many aspects of improving your feeling of well-being is to communicate.

You might ask what does communication have to do with good health and feeling of success? Communication is vital to your well-being, because when you hold things in or stuff them down, you become ill. It may manifest itself in the form of a sore throat or another type of illness, but it will manifest itself one way or another.

Asking for help is one form of communication which will help you move forward to create success and well-being. Delegating tasks is another. Saying no when you know you are unable to complete a request (or you don't want to complete a request) is another helpful way to focus on engaging in activities that bring you joy and increased energy.

Notice your language. Are you saying, "I have to" or "I need to" or "I should do that" a bit too often? If so, you are spending time on activities that you are less passionate about. Balance it out with activities that you want or choose to do. It may mean you need to let go of some things.

## Practice the habit of letting go

There's a lot of talk around the concept of letting go. You may hear people say, "Just let go". It's not as simple as that. Letting go is a practice and it takes time. You need to practice letting go before it becomes a true habit.



If you are someone who overreacts, take on the practice of holding space for a minute or two. Take a moment to regain your composure and step away from the situation for a moment. In stepping back for just a moment, you are actually taking on the practice of letting go.

You may not see this right away, but in essence by not reacting, you take on the practice of letting go.

The more you practice this, the easier it will become to let go of things more quickly and with more ease and grace. The more you live in flow of ease and grace, the better your health and well-being will be. This leads to greater success and a thriving life.

## Connect with others in relationship

What does connecting with others in relationship have to do with success? Just about everything. Scientific studies are showing loneliness can be the cause of disease and depression. It makes sense.

If you feel lonely and in need of connection with others in relationship, there are plenty of ways to achieve that goal. Remember, your health and well-being are dependent on connection with other people in your life. Increased health and a sense of well-being helps you to feel successful.

There are plenty of groups, both social and support wise, which can fulfill your every desire. There are sports teams, clubs, events, volunteer opportunities and book clubs, just to name a few. Don't allow any more time to pass if you feel the need to connect in relationship.

If you do feel lonely, remember you can boost your health and well-being by tons when you reach out and volunteer. There are many health benefits to volunteering. You get to feel a surge of feel-good feelings when you volunteer. Giving back always means gaining. You gain a sense of pride, purpose and usefulness and it will show all over as you radiate a sense of well-being to those around you.

You may be surprised at how many people will ask you if you got a new haircut or if something else is different about you.

## Practice the art of moving forward (thriving)

Do one thing every day that moves you forward in some way, whether it is a financial goal, a relationship goal, or a health and fitness goal in order to create the habit of momentum.

What is momentum? Momentum is two things. First, momentum is taking one action step each day to move you forward in your life's goals. It doesn't have to be a big, mountain-moving event. It just has to be an action step. It does not matter if the action step is big or small.

Thriving is momentum in action. Thriving is moving forward despite of or because of circumstance or obstacles.

***"Thriving allows you to take risks, have do-overs and not worry about being perfect" ~ Sue Guiher***

When you have momentum, you have enthusiasm about what you are doing. If you are not enthusiastic, then no one else will be enthusiastic either. In order to keep momentum going, you need to be enthusiastic.

## Just Take the First Step

There you have it, 12 daily habits that will help you to feel successful and create a thriving life. Even if you are not feeling it in the moment, take one on anyway. Try it on and see how you feel. As you continue to make these habits part of your life, you will experience a greater sense of control, well-being and success. All of these will contribute to better health and a thriving life.

For more tools and resources on creating your thriving life, visit my website [www.thrive4success.com](http://www.thrive4success.com) and connect with me on [Facebook](#).

Keep Thriving~

*sue*