



Be Inspired Group

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Eight Tips for a Better You

There are a myriad of behaviours, skills and lifestyle choices you can implement in your life for better outcomes. Most of us actually know what many of these are, however, we do not necessarily strategically implement them into our lives, nor do we necessarily practice them to become proficient. Below is range of “tips” for your consideration.

- 1. Self Improvement:** Pursue knowledge of skills, behaviours and decision making processes that on average increase well-being and life satisfaction. Read books, watch videos, utilise mentors, life coaches, counselors etc. Most importantly, transform what you learn into action in your life. Find the techniques and skills that work best for you.
- 2. Take Responsibility:** Learn to be responsible for your behaviours and actions. If you are late for work or you missed a university deadline because you didn't organise yourself, take responsibility and avoid conjuring excuses. People have a tendency to justify their actions, “Everyone else does it”. Learn to be honest with yourself and others, and make yourself accountable and responsible.
- 3. Listen More:** Where possible, avoid interrupting. Most people do not like being repeatedly interrupted. We think faster than people speak and many of us have a tendency to finish other people's sentences. When you do interrupt someone accidentally, practice being aware you did it, apologise to the speaker and hand control of the conversation back to them.
- 4. Try New Things:** Learning and stepping out of your comfort zone are very important to well-being. However, this can also be very threatening. Try and reframe “I don't like...” with “I feel uncomfortable with...” This very simple transformation of perspective helps you to acknowledge “You don't like feeling uncomfortable!” versus I don't like sports or I don't like math. When you try something new, try it for a period of time that gets you past feeling uncomfortable with it and to a point where you have developed reasonable skills. Then make a decision whether it is for you or not. You might find a new passion you never thought possible.

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5. **Managing Negative Thoughts:** There are a wide range of techniques and skills for managing unhelpful thoughts. Most require a lot of practice. As a starting point perhaps look at reframing your thoughts into positively framed statements. For example: Replace “That person is a stupid idiot” with “I don’t like that the person driving that car cut in front of me”. You are now assessing the person’s action or behavior versus the actual person. Apply this logic when self talking about yourself as well. Starting strategies worth investigating are Cognitive Behavioural Therapy, Acceptance and Commitment Therapy and Mindfulness.
6. **Life Balance:** It is very easy to find yourself slaving away at something you don’t enjoy or no longer enjoy. Design what you would like your life to look like taking into consideration the reality of shelter, food, providing for a family etc, and take actions to implement it. Life balance considerations include: work, play, physical and emotional health, relaxation, relationships, socialising and finances. You might consider dropping full time employment for two or more part time jobs that utilise different skills. Feeling engaged with your work and that it has value will lift how you feel. You might have more energy for your other interests and your relationships.
7. **Attitude:** Develop an attitude of gratitude for what you do have and the opportunities that lie before you. Perhaps write a gratitude list each night before going to sleep. Each day, make an effort to adopt an attitude to embrace the day ahead. Perhaps have a mantra you recite each morning. Work towards transforming your thinking to “Life is the art of the possible”. Start investing your thinking time towards “If this was possible, how could I bring it to fruition”. Your feelings and thoughts may undermine your attitude, but press ahead and enact your attitude through action. Develop skills to assist with your thoughts and feelings.
8. **Pay it Forwards:** Helping other people is often a powerful contributor to how you feel. There are a range of ways you can pay it forwards. You can volunteer your time to countless organisations in your community. You can conduct random acts of kindness. You might organise community events or fundraisers, assist someone financially or provide your skill set free of charge. You might foster children or act as a mentor. By paying it forwards you not only benefit from the action, but you also encourage other people to do the same.

Be Inspired Group offers a range of health and well being services for individuals and groups. Services include Life Coaching, Health Coaching and Well-being Workshops for adults and children. Feel free to contact us to discuss how we might help you.