

Every day can be a Successful day!

Every day when you wake up, you have a chance to live, one more day! and get a chance once again, to go after your goals! Humans on an average live up to 75 - 85 years but most take life for granted and miss out on the daily joy's which Life in general provides to every, one. Over 50% of the people live in the past (suffering their memories) about 40-45% are worried or anxious about their future (suffering their imaginations and delusions). Only a few Minority, less than, 5% live in the present and make the most of their day and their Life!

Ever wondered why the present (current) is called PRESENT! It is Definitely a Gift as we are alive!

A day can be broadly divided into 3 parts!

- 1) Work / Career / Business etc. – Most of the joy or worry for people are in this area. For many either they hate their job/ their Boss / their income / their Business not doing well etc. So, for 8-10 hours (maybe more) they live in Stress, suffering frustration, anxiety, pressure etc. Worrying is like a rocking chair! It gives you feeling of movement but does not get you anywhere! A simple tweak to the thought process can help you solve this issue. Look at the positives and look at the solutions available! Taking, action over the solution instead of suffering the problem is the right thing to do! You can have 1 or few bad days in a week / month, but if every day is turning out bad then it is time to do address the issue immediately. The worst thing you can do is to carry the work pressures and stress home and negatively influence the other 2 parts of the day!

- 2) *Family / Friends / Relationships etc- About 6-8 hours (maybe More / Less) you are with family, friends etc. This should, be a good time to relax, enjoy and unwind yourself and create the necessary balance needed to get the most out of the day. If you can create good vibes with all the people you interact with in your Life, the time spent with them could be joyful but if you have problems / issues with people then you are creating another self, created pressure in addition to your work pressures.*
- 3) *Sleep – Personal time – Self Development time -: This is the best time of the day. Almost 6-8 hours of the day, you are with yourself. You can rest your mind, be grateful and appreciate that you are given one more day to live and to try and fulfil your dreams. Strive to improve yourself every day and learn something new / valuable every day. Find out what activity relaxes you. Once you are in relaxed state, you can sleep well. If you are not able to sleep well or, you are miserable when alone, find out the reason as to what is freaking you out. Resolve the issue as soon as you can. Do not let it drag! If you cannot sleep well, you will not have the energy, to tackle the next day with the necessary intensity. You can be at your best only if you are relaxed!*

One area of Life inevitably affects the other whether positively or negatively. Choice is yours as to how you handle each area effectively and avoid having a Complete Bad Day!

24 Hours can be a short time or long time (at-least enough) to handle all aspects of your Life Effectively! It is entirely possible to make all 3 areas (Financials / Family / Health) better every day and improvise.

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