How to Live Life to the Fullest?

Life has become a more complicated event. There are too much clutter and commotion that’s caused by the fast-paced environment which brought about the anxiety, stress and dissatisfaction for many. A lot of us are being caught up by our own time schedule that having 24-hours in a day is not enough to fulfil all the things we need to accomplish, may it be at work, at home or for our personal and social self.

This information age and productive generation is the reason for this stressful lifestyle that most of us lived in. Now, you can do anything in an instant and be wherever you want to be in just a few click of the button. That’s thanks to the marvel of technological advancement. But isn’t technology was supposed to eliminate the work and stress for humans?

The stressful environment and busy lifestyle that this technological advancement of the new information age happened because of your own mindset and choices. Instead of seeing these technology as tools to make your life much easier, you’ve used it to accept more obligations beyond your own ability. And that’s what most of us are unaware of.

The question now is, how can you stop surviving the cycle of your stressful and busy lifestyle to achieve a more balanced and stress-free lifestyle? How can you achieve a life that’s lived to the fullest?

1. **TODAY IS YOURS, LIVE IT FULLY**

*One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon - instead of enjoying the roses that are blooming outside our windows today. -* Dale Carnegie

It’s time you stop running too fast to get ahead. Life is not about the past or the future, it’s about today. In a busy and cluttered world, we tend to be too much preoccupied with the material things and demands that we forget that life is temporary and short. The only guaranteed day that you are alive is today, so live it.

1. **UNDERSTAND WHAT COMPRISES A BALANCED LIFE**

*Everyone is a house with four rooms:* ***Physical****,* ***mental****,* ***emotional*** *and* ***spiritual****. Unless we go into every room every day, even if only to keep it aired, we are not a complete person.*

For most, life became a routine of a long list of similar tedious tasks to be done over and over again like it will never end. Life became only about work or one aspect of life. We do not know how ever that stress and unhappiness is mostly blamed to lack of balance in life. When we tend to focus only on one aspects of our life, such as work, we tend to neglect all the other aspect and when it happens, damages occur. To change this and prevent future damages, make a renewal and try your best to meet with the four areas of your life.

1. **ACCEPT CHANGE AS PART OF LIFE**

*The only constant in life is change. Do not be scared for change to happen. Anticipate and accept change.*

One of the biggest trap that unhappy people are faced in is change. Because we are too busy and too preoccupied we neglect to see what’s happening around us and what are the things that change or about to change. And when change happens, we are hit big time and become paralyzed. Once you start doing the first two steps above, I’m sure it will be easier for you to observe change before it begins/happens. When you learned to live today and understand how balance life works, it is much easier for you to smell a change to happen and faster for you to accept it.

1. **LEARN TO FORGIVE, FORGET AND MOVE FORWARD**

*We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths. - Walt Disney*

Failures, pains and disappointment happens either caused by our own decisions and actions or by someone else. When ‘caused by our own decisions and actions, be kind to yourself, take it as a learning process for you to do better in the future. And when it caused by someone else, do not push it hard and blame the other person, you cannot control other’s decision/action, you can only accept them and move forward in your life.

1. **KEEP EXPANDING YOUR COMFORT ZONE**

*Never be afraid to try something new. Remember, amateurs built the ark. Professionals built the Titanic.*

The problem with our busy lifestyle and doing the same things over and over again is we get to comfortable with things and let ourselves become ordinary. We settle for less and accept that what we currently are is the best we can become. Most of us stop learning after graduating college. However, if we want to achieve success and happiness in what we do in our day to day life, our learning should start after graduation and ends only when we die.

There are countless ways to “Live Life to the Fullest”. But these are some of the most important list you need to get started. Happy journey to your Life!

**About the Author**

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