

Living Your Life To The Fullest

**Are You Living
Your Best Life?**

Have No Regrets?

Mark Blaise

A good many people aren't living their best lives. There are many reasons for this, most of which are found below.

They range from negative thinking, the lack of self-esteem and self confidence, not believing in themselves to constant worrying, living in the past, holding grudges and not being able to forgive.

Your life experience is yours to create. Why settle for anything less than what you can get?

See which of the statements below apply to you. Be honest and don't fudge. Give yourself a point for each one that applies to you. Your total will be your score on 100. Let's see if you really are living your life to the fullest.

1. I live every day with a fresh new start.
2. Overall, I am an optimistic person.
3. I see problems and challenges as opportunities.

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4. I don't worry over things that I can't control.
5. I don't live in the past.
6. I don't live in the future.
7. I live in the present.
8. I am true to myself.
9. I live consciously each and every day.
10. I am committed to my personal growth.
11. I am committed to my professional growth.
12. I am committed to my spiritual growth.
13. I know my life purpose.
14. I live in alignment with my life's purpose.

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15. I know my life's commandments.
16. I live by my values.
17. I always hold myself to the highest standards.
18. I have stopped putting life on hold.
19. I have created my life manifesto.
20. I have designed my ideal life.
21. I have short, medium and long term goals.
22. I take action on my goals and dreams.
23. I have created my bucket list.
24. I do the things I love.
25. I always do things with love.

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26. I know what my passion is in life.
27. I have been able to make my passion into a career.
28. I have turned my passion into a huge success.
29. I strongly believe in myself.
30. I can accomplish anything I set my mind to.
31. I spend time with supportive people.
32. I build genuine, authentic relationships.
33. I build strong friendships.
34. I make deep connections.
35. I have built a deep, wide support network.

36. I am the absolute best at what I do.
37. I never settle for second best.
38. I venture out of my comfort zone.
39. I behave like my ideal self.
40. I am a role model.
41. I uncover my blind spots.
42. I expand my consciousness.
43. I help others to live their best lives.
44. I change my corner of the world.
45. I give more value than I receive.
46. I savor the little things in life.

47. I build and create something of real lasting value.
48. I express and practice gratitude daily.
49. I laugh every day.
50. I give and receive hugs every day.
51. I am a calculated risk taker.
52. I help the less fortunate.
53. I volunteer my time and skills.
54. I confront my fears.
55. I maximize my mind, body, heart and soul.
56. I love myself.
57. I love my life.

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58. I love life.
59. I am not a complainer.
60. I am proactive.
61. I take initiative.
62. I create my own opportunities.
63. I learn from criticism.
64. I learn from others.
65. I have eliminated all negative self-talk.
66. I don't talk bad about others.
67. I am compassionate.
68. I am empathetic.

69. I have a giving heart.
70. I don't hold grudges.
71. I forgive others.
72. I surround myself with positive people.
73. I am a generous person.
74. I am a thoughtful person.
75. I am a giver.
76. I am a considerate person.
77. I help others.
78. I connect with old friends
79. I do one kind deed daily.

80. I help people when they least expect it, without reason.
81. I have fallen in love.
82. I review my life periodically.
83. I have overcome procrastination.
84. I am always ready to make new friends.
85. I have conquered clutter.
86. I am self-disciplined.
87. I have eliminated bad habits.
88. I have good habits and routines.
89. I am continuously evolving as a person.

90. I am not afraid to try new things.
91. I embrace new ideas.
92. I have mentors in my life.
93. I am a coachable person.
94. I ask for feedback from others.
95. I generate passive income streams.
96. I am involved with a humanitarian cause.
97. I don't waste my time on un-important pursuits.
98. I am not stubborn.
99. I am not closed minded.
100. I do not judge others.

Bonus points:

1. I have unique, special gifts to offer the world.
 2. I have eliminated toxic people from my life.
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Remember to Live Love Laugh and Be Happy!

I wish you every success in your journey through life.

Thank You !

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