

Live Consciously in 2014

Are you just going through the motion in your life, making decisions and choices without thinking of the long term consequences? Are you doing the same things over and over again, expecting different results? This is what I call living unconsciously. If you are ready to stop living life this way, I am challenging you to join me in living consciously in 2014.

Living consciously means being aware and present; and making thoughtful, informed decisions. It means being aware of what you're doing, why you're doing it, and the impact your actions today will have on your tomorrow.

To live consciously, here are 6 areas to give your attention to:

- **Take care of your body.** Think of your body as your most prized possession, your temple. Would you put anything in your temple? Why, then, would you put anything in your body? This doesn't mean that you can't sometimes indulge; it does mean you must become aware of what you're eating and how your food choices affect your body, mind, emotions, and overall well being –now as well as in the future. In addition to being conscious of what you put in your body, be conscious of how you treat your body. The body was made to move. No matter how busy or stressed you are, commit to engaging in some sort of physical exercise. Move it or lose it!
- **Protect your mind.** *Garbage in, garbage out.* Just as you're to be more mindful of what you eat, be mindful of what you listen to and read. Don't believe everything you hear. Don't even believe everything you tell yourself. What you say to yourself, especially about yourself, could have originated from some distorted message from someone else. Always consider the source. Some things are to be questioned.
- **Manage your time.** We can't manage time, we can only manage ourselves. This means making the best use of the time we have. There is no such thing as the lack of time. We all have time to do whatever we really want to do. It all boils down to our priorities – deciding on those activities that are important. Everything we do is not important nor is it a "must do".
- **Say "no".** If you feel stressed out, it's not because of what someone is making you do. It's about what you chose to do. Own and be responsible for the choices you make. Stop letting "yes" fly out of your mouth at every request someone makes of you. "No" is not a bad word. It's about setting boundaries and priorities. And, stop with the shoulda, wouldas, and couldas. They're useless.
- **Be positive.** Attitude is everything. A positive attitude helps you weather the storms of life. Every day, resolve to do these three things to maintain a positive attitude: smile, focus on what you have not what you don't have, and expect only great things to happen to you.

- **Give thanks.** Every morning upon awakening, give thanks. Give thanks for everything – the little things; the good as well as the not so good. Think of each day as a gift. And, be grateful.

Living consciously is a choice. And, it's easier than you think.

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