



# ABOUT THIS REPORT

This report serves as a guideline to help you **enhance the quality of your life**.

The **16 Steps Toward Living More Fully** support the mission of LIVE FULLY. By downloading this report, you show a strong commitment to improving your life.

LIVE FULLY advises that you print out the report and keep it as a reference tool. You may know someone else that can benefit from these 16 steps - **please do not copy or distribute this report**. Instead, encourage others to visit the website directly at [www.livefullycounseling.com](http://www.livefullycounseling.com) so they can download the free report or review the other available services.

In many cases, people use this report to help themselves live a healthy, quality life. Others try to implement the 16 steps but feel stuck or discouraged. If you find that you struggle with implementing any of these steps, **you may benefit from contacting LIVE FULLY directly**. Visit the website at [www.livefullycounseling.com](http://www.livefullycounseling.com) or call **856-577-5515** for a **FREE CONSULTATION**.

LIVE FULLY wants to help you improve the quality of your life. Continue to visit the website for more information on how you can turn your good life into a great life!

# 16 Steps toward Living More Fully

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## PART ONE: Increase Awareness of Self and Others

### 1. Know and honor what you value

Do you tend to live your life according to someone else's values?

If you do this, you may be “introjecting” - assimilating values and beliefs that belong to someone else. Learning values from someone else does help but it can also stifle and even destroy your ability to derive value from your own experiences.

Consider how you now live and ask yourself whether or not you live by your own values or those of another. Take time to think about what is important to you. Separate your values, own them and give back to others those values that don't belong to you.

### 2. Know how you limit yourself

Without awareness, you may limit your abilities, your lifestyle, ultimately, yourself. Think about areas of your life that interest you but that you do not give yourself permission to pursue.

Learn how to grant yourself permission to move ahead and prevent rejecting yourself before you've had the chance to try.

You can change whatever now stops you from living fully into something that starts the transformation of something new.

### 3. Discover what inspires you

Inspiration = in-spirit. This means living in accordance with what moves you, what heightens your excitement and energy, what piques your interest - what attracts you. Make a list of those activities, events and people inspiring your life, then notice how often you allow close contact with them. If “not much”, then start increasing contact.

Make attempts to live aligned with your spirit!

#### **4. Recognize your own potential for growth**

Infants, toddlers, children and teens have no monopoly on growth. You, the adult, have a wonderful ability to grow throughout your lifetime. You can move in so many directions, make course changes at any time, start a new career, take on a new hobby, learn a new language, build a new friendship.

How often do you allow yourself growth opportunities? If not often, think about a direction you want to grow - look for the sun, water your roots and grow!

## **PART TWO: MAKE BETTER DECISIONS**

#### **5. Recognize that you have choices**

Have you often felt stuck in a situation, a relationship or a career? Have you ever said, “Well, this is it. This is my life. I made these choices, now I have to stick with them”. You may have made those choices but you always have the option to make new decisions that improve your current situation. “Stuck” need not be a reality.

Consider how to *unstuck* yourself: one small step, one choice, can take you toward improving your life.

#### **6. Stop making decisions based on fear, pressure or worry**

Fear, pressure and worry may feel real but these emotions often skew our perception of reality.

Fear of rejection, abandonment and/or disappointing can be an indication of living according to someone else’s rules (see #1).

Feeling the pressure from family, friends, organizations and/or society? Again, are you introjecting? (see #1).

Worry rarely resolves anything. It hangs around in wait for the next event to live in, like a parasite.

Decisions made in fear, from pressure or because of worry lead to dissatisfying results. Examine how these factors influence how you make decisions.

#### **7. Start making decisions based on interest, desire, want and need**

Do you spend too much time considering what will please everyone else before you think about what *you* actually want out of life?

Once you meet your basic essential needs, take the next step: Pay attention to what attracts you, what you want, what you desire - what grabs your interest - and give yourself permission to go for it! Live life more fully, satisfied and gratified!

## **8. Engage in relationships that support you**

You are a *relational* being. You exist in relation to others, to your family, to your environment. Do the people who surround you support your needs, interests, desires?

Notice your own behavior around your friends and family. Think about how you define support. Not yourself around them? If not, you can find others who will offer you the support you need to live in fullness.

## **PART THREE: PRACTICE SELF-ACCEPTANCE**

## **9. Accept all parts of you - the perceived “good”, “bad” and “ugly”**

We’ve all got them. We all carry pride in what we do and shame and -- of course -- the dark side of ourselves that we’d rather not talk about.

To live fully, you must learn how to embrace all sides of who you are. You CAN learn how to view yourself as a complex, interesting, multi-dimensional person. Our wisdom, experience and depth derive from our many layers. Embrace all that makes you fascinating to know.

## **10. Value your struggles as much as your triumphs**

The reward of Triumph lies at the end of the Road of Struggle. You can’t have one without the other, so learn to value both.

Recognize that even when things feel great, the pendulum will swing in the opposite direction back towards struggle. Accept this. Then find what you’ve gained from past struggles: difficult experiences enrich your life.

## **11. Accept that change is constant and flowing**

It has been said “The only constant is change”. Some people put a lot of energy into keeping things the same - family dynamics, friendships, status. Trying to hold on only causes tension, discomfort and disappointment because no one can do it.

Accepting change as a natural part of life grants you a new freedom. Examine your current relationships with change. Do they satisfy you? If not, consider how you might alter your role in that relationship.

## **12. Feel good about yourself and your life**

You and your life are not perfect - but must it? Perfection can lead us; it should not push us. When it does, it brings high levels of stress, frustration and even anger.

Embrace the imperfections in yourself and in your life, let go of judgment, even if only for a few minutes and play around with the concept of feeling good about your imperfections.

# **PART FOUR: TAKE CARE OF YOUR BEING**

## **13. Nurture your faith or belief system**

New Webster Dictionary defines hope as “a confident expectation that a desire will be fulfilled”. Whatever your faith, give it attention and care. Use it to help you cultivate hope. Use it to stay connected to others.

Spend time considering how faith or belief can strengthen you and give you courage to move forward.

## **14. Practice a flexible approach to living**

Try to touch your toes. Easy? Perhaps you have a flexibility deficit. As in your muscles, your thoughts and intentions may have gotten rigid and stiff, even painful.

You can lose the ability to reach and stretch in different directions but you need not lose it forever. Renewed flexibility allows for opportunity, choices and new experiences.

## **15. Attend to your physical, emotional and spiritual self**

All parts of you require attention, caring and nurturing. Pay attention to the body carrying you from one place to another. Feed your body well. Keep it strong, healthy and rested.

You can take care of your emotional self by finding ways to express your feelings, concerns and thoughts to those who support you.

Nurture your spirit. Engage what inspires you. Laugh often.

## **16. Show yourself love and kindness**

Practice ways to show yourself a bit of love each day. Treat yourself to a beautiful walk. Judge yourself less. Say kind words to your being. Give yourself a big hug and - most of all - be true to you.

When you put self-love and praise into practice, you may find yourself offering more love and kindness to others and more easily receiving these in return.