



TESS Newsletter

Accordance to Article 7  
Section 3 of its Constitution

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Episode 106

“ Turning Possibilities into Realities ”

## Building a Global Movement for Change [UNSG]: The Promise (part 38)



## "Working Hard at Working Smart" (part XLIX)

# May Day 2014: Raising the Bar: Leading a Fulfilling Life



**Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.**

*Thomas Jefferson. 1743-1826,  
3rd President of the US, Drafter of Declaration of Independence (1776)*

## The future we want: The Promise: The Force Beyond

# 18 Basic Rules To Lead A Fulfilling Life

By Julian Hayes II

**Being fulfilled is an awesome feeling, but unfortunately, it's a feeling that many have trouble finding. Fulfillment is an easy concept on the surface, yet it's so elusive. However, living a fulfilling life is well within the reach of everyone. Here are 18 ways to discover some fulfillment.**

### 1. Come to peace with the way things are.

"If only I had more money, I'd..."

Or, "If I had more time, I'd..."

How many times do you hear people say these daily? Many times, I bet.

People are so obsessed with what they don't have that they never allow themselves to be satisfied with what they *do* have in life. Constantly having a mindset of wanting more and more will squash any chances you have of acceptance. **Embrace acceptance and watch your stress levels go down.**

### 2. Take timeouts in life frequently.

Every so often, it's good to hit the pause button on life and soak in the moment. Life can get hectic with work, relationships, and stress leading us to not realize how awesome life is.

Take time out of your busy day and smell the roses.

Finding the beauty and joy in the everyday mundane will allow countless little epiphanies and revelations, which will not only broaden your horizons, but make you grateful for all the things that are overlooked on a day-to-day basis.

### 3. Include some gratitude in your daily life.

Focusing on the negative leads to you becoming a toxic individual. Practicing gratitude has a myriad of benefits, such as happiness, more optimism, and better health. Challenge yourself to practice gratitude by writing or telling someone one thing you're thankful for each day.

### 4. Spice up your life with some daily thrills.

Life is meant to be one big adventure, so get to exploring. Become daring and start saying yes to things you always talk yourself out of. Learn a new skill such as ballroom dancing, or go skydiving.

### 5. Treat yourself like royalty.

Do you beat yourself up over things that happened in the past? If so, then you need to stop that immediately. It's time to forgive yourself and stop living in the past. If you don't show respect and kindness to yourself, then how can you expect someone else to? How can someone else see how awesome you are if you can't see it yourself?

### 6. Eat in a way that is satisfying and healthy.

Eating healthy doesn't entail the daily consumption of boring and bland meals, such as steamed chicken and broccoli. If fat loss is your goal, living a fulfilling life and eating awesome, tasty foods is very doable. Eating healthy should please your palate *and* your fitness goals.

### 7. Make exercise a priority, not an exception.

If you care about living longer, having more energy, and wanting to look hotter, then look no further than exercising to take care of all those needs. From improving your mood to improving your sex life, exercise is a no-brainer.

### 8. Stop making life so difficult.

Sometimes, life is meant to be simple. Stop overanalyzing everything and making every decision complicated and complex. Life isn't meant to be filled with stress. Chill out and take a walk through the park or go have a quiet and relaxing dinner.

### 9. Punch fear in the face and get to living.

Fear is a natural part of our lives. Conquering fear starts in our heads and the mindset that we approach fear with. Experiencing failure provides value when it comes to living a fulfilling life and being the best version of yourself. Through failures, you'll learn lessons that will make you a better person down the road.

**10. Stop letting others determine your self-worth.**

When you compare yourself to others, you're devaluing yourself. Looking at someone else's life from the outside is the same as looking at a highlight reel. Who knows how long it took them to get to their current position? Don't compare your life to others.

**“No one can make you feel inferior without your consent.”** – Eleanor Roosevelt

**11. Kick all your negative company to the curb.**

Life is far too short and awesome to deal with negative people who are full of toxic thoughts and habits. Keeping negative people around guarantees you'll be unhappy and miserable. Equate negative people to mosquitoes and put some repellent on so they can't suck the life out of you.

**12. Learn to enjoy your own company.**

Don't become reliant on other people's company or feel the need to be in a relationship to feel complete. Being in a relationship needs to come from a want, not a need. Embrace the notion of being your own best friend forever.

**13. Commit to being a lifelong learner.**

**Those who desire to live a fulfilling life need to have a curious and hungry mind. By being a lifelong learner you realize that there's a vast world out there that is waiting for exploration and adventures. By constantly learning, you're increasing your knowledge and perspective of the world.**

**14. Escape from all the craziness that lives in our head.**

The story that exists in your head is not even close to the actual day-to-day story that you live. Eliminate all those negative thoughts and replace them with positive ones. Positive thinking leads to positive results.

**15. Challenge yourself to become a social butterfly.**

Make an effort to connect with more people, smile, and maintain eye contact a little longer than normal. This forces you to become more open to the world, leading to greater connections. When meeting new people, choose people from all different backgrounds and beliefs. This allows you to become a more well-rounded individual.

**16. Embrace living outside your comfort zone.**

If you never take yourself outside of your comfort zone, you'll never know what you're capable of in life. All the magic in life happens outside your little box. By staying inside your shell, you will only produce a mediocre version of yourself. Start living outside your comfort zone today by doing something you normally wouldn't do.

**17. Go for your dreams and let no one take them from you.**

You can't be afraid to go after what you want. Following your dreams is a vital part of living a life of fulfillment and shouldn't be overlooked. Everyone says to follow your dreams, but few do. You only get to live through this thing we call life once, so you might as well make the best of it and live it on your own terms.

**18. You should quit being so serious 24/7.**

Would you *please* have a sense of humor and smile? Not everything is a matter of life and death. Feel free to take time off from playing the role of Captain Serious and joke around and act stupid.

Laughter helps people live longer, while also reducing blood pressure. The world would be a better place if we would all quit taking ourselves so seriously and get a little stupid. One of my favorite ways to get stupid is to start dancing.

## Making a difference...

### *Make it a Priority*

**“We do not need magic to transform our world. We carry all the power we need inside ourselves already. We have the power to imagine better”**

JK Rowling [born 1965] Novelist

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**The journey continues...**