
LIVE YOUR BEST LIFE

Online Business and Publishing Resources

THIS ISSUE'S FEATURED ARTICLES:

Letter from the
Editor..... 1

Change Your
Mindset to Boost
Your Self Esteem
.....2

New Course.....3

7 Ways to Enjoy
Life More
.....4

New Printables
Imprint.....5

Resources.....6



From the editor....

Welcome to our first edition of Live Your Best Life, an online business and publishing resources publication.

Each issue will bring helpful articles and tips to help you with your online business.

If you are also an author or publisher, each issue will also include information on writing, publishing, and marketing your books on various platforms.

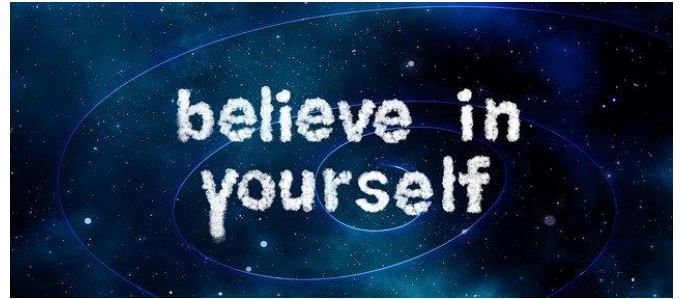
In this issue, you can look forward to a boost in your self-esteem, how helping others and gratitude can lead to a more enjoyable life, our newest printables imprint, some new resources, and a new course on starting a work from home business. Plus, some free goodies from our website, just to say thanks.

CHANGE YOUR MINDSET TO BOOST YOUR SELF-ESTEEM

"Be proud of who you are, not ashamed of how others see you."

- Unknown

Improving your self-worth and value is important to living a joyful life. If you cannot appreciate your own contribution to the life, it can be difficult to make sound decisions because you don't value yourself or trust yourself. If you want to have more self-esteem, you can accomplish it in the following ways.



Know Your Own Thoughts

Being mindful of the words you say inside your head is invaluable in building your self-esteem. Most of us have someone in our brain (us) telling us negative things. It's imperative that you become aware of these thoughts so that you can turn them around into something positive that drives personal growth.

Use Positive Affirmations

Sometimes, when people see the word "positive affirmations," they get a mental picture of something quite silly and ineffective. Standing in the mirror saying random nice things to yourself – well, that can work, but you need to be more specific than this. Instead, every single time you think something negative, turn that particular thought around into a positive or even a neutral.

Know What You're Good At

Every person on the planet has a talent that is either known or unknown. If you don't think you're good at anything, what have you tried? If you've not tried enough things, you may have simply not found what you're good at yet.

Keep trying and learning and growing, and you'll find it. Then when you do, accept that it's what you're good at. It's OK to be good at something and to claim that you are.

Surround Yourself with Positive Energy

This can be difficult if the negativity that is around you happens to be family. However, it's imperative for your own mental and emotional health that you try to limit your exposure to negative people and energy and maximize your exposure to positivity.

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Volunteer in Your Community

The key here is to volunteer in a capacity that seems to offer nothing to you in return. The reason is if you're getting too much out of it for your business, your church, or something other than the value provided to the people, land, or animals you're helping, it's no longer about that, it's about you. Get out of yourself and help.

Practice Self-Care

When you think of self-care, you may think of hair care, showering, and that type of thing. But it goes much further. It goes to the food you put in your body, the people you surround yourself with, and everything that you do that affects your mental, physical, emotional, and spiritual health.

Get Back to Nature

Even if you think that you don't like the outdoors, the truth is, as a human-animal, you need nature. You need the sunshine to keep your circadian rhythms in check, you need the fresh air to oxygenate your blood, and you need good natural food to provide all the vitamins and minerals you need.

Remember that building your self-esteem takes time. It's not something you can work on once a month or every January as a New Year's resolution, it's something you must practice daily for the entirety of your life. If you do, you're sure to experience a much more satisfying life because you know you have value, and you know where you belong.

ANNOUNCEMENT!

Our newest course, *How to Start a Work from Home Business*, is now available on Udemy. The 10-module course walks you through all the steps of setting up an online business from home, such as choosing a business model, financials, marketing, and much more. Check it out by clicking the graphic below:



7 WAYS TO ENJOY LIFE MORE

"In all of living, have much fun and laughter. Life is to be enjoyed, not just endured."

- Gordon B. Hinckley

Despite the dire outlook portrayed by the evening news, life is not supposed to be full of bad news, tragedy, and hard knocks.

While sometimes it may not seem like it, you can start enjoying your life a whole lot more. Here's how.

Write a Life Mission Statement

The only way to make the right choices in life for yourself is to know what you stand for. What is it that you want to leave behind as your legacy? What about this life is important to you? What ideas, morals, and values are guiding you through this life?

If you can create a life mission statement or vision statement that spells you who you want to be at your very best, you can use that as a founding document to guide every choice you make from this day forth.

Become Mindful of The Power of Now

One of the problems with life is most of us are always thinking about the past or the future. However, your life is right now. Right now, it is truly all you can be certain of having. Because of this, you need to realize the power of now and become more mindful about truly and fully experiencing the moments in your life.



While, of course, you do have to take small steps today to take care of your future, you don't need to live only for the future to genuinely enjoy your life. You need to live for now, while planning for the future.

Be Your Own Best Friend

So many times, we are nicer to our friends and family than we are to ourselves. The thing is each of us is truly alone. That isn't to be depressing, but the idea that you need someone else to prop you up and make you feel good about life is not true. You can feel in love with life even when it's just you because it's always just you even when you enjoy fabulous companionship.

Making the right choices for your diet, exercise, education, career, and so forth are all things you need to do in a loving way. If you wouldn't direct your best friend to do it, why would you do it to yourself?

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Do Things That Bring You Joy

Many times, in our societies, the idea of experiencing things just for the joy of it seems foreign. But your value doesn't only depend on how much you produce and how much energy you expend doing things. Your value also can be expressed through the joyful things that you do.

Every day do something that makes you smile, laugh, and cry with happiness. It doesn't matter if it's a hike in the woods, a bungee jump, or if you want to sit in a hammock and read a book for an hour – doing things that fill your heart and mind with joy is important for your happiness.

Help the Less Fortunate

It's hard to be down about our own situation if we are actively involved with helping those who are less fortunate. And sadly, there is always someone less fortunate than you even if you don't realize it. Make a plan to involve yourself in empowering others, and you will experience a lot more joy in your life.

Stop Being a People Pleaser

Conversely, you don't need to work so hard, making other people happy. For one thing, nothing is ever enough for some people. They don't mean it, because they probably don't even give it a thought that you're just pleasing them by your actions or attitude. Because of this, it's not their fault

NEW PRINTABLES IMPRINT

Our new printables imprint, [Positively Organized](#), is now available on Etsy. You'll find PDF printables items for all areas of your life: personal, business, school, as well as health and fitness.

that you're spending all your energy trying to please others. It's okay to say no to things that you don't want to do or don't have time to do.

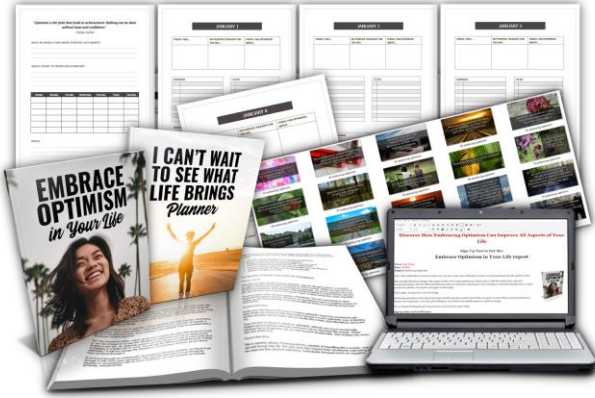
Practice Gratitude

Take the time each day to express in your mind, in a journal, or even to someone else what you are grateful for. The mind pays attention to what you focus on. If you focus on what's not going right, you'll start to feel nothing is right. If you focus on what is right, you'll start to feel like more is right with the world.

You really can start to be joyful in your life right now. One way to prove this to yourself is to travel more. When you travel to other countries and see how happy some people are, even though they live in very different environments than most western nations people do, it starts to become more clear about what drives happiness, and it turns out it's inside you and has been all along.

RESOURCES & INFORMATION

Amazing deal on PLR, [How to Embrace Optimism](#), for under \$10!



Here's what you get:

- Embracing Optimism in Your Life Report (11 pages)
- I Can't Wait to See What Life Brings Planner (380 pages)
- 20 inspirational social media graphics
- Lead generating opt-in page
- 2 professionally designed e-cover sets
- 3 bonus packs (\$37 each):
 - Content management templates
 - Website traffic templates
 - Content branding templates

Free stuff from our website:

[Work from Home](#) eBook



[Productivity for Profits](#): 10-day online business challenge



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