

# HEALTHFUL TIPS

## Live Boldly

**W**e can make life choices that keep us feeling alive and motivated, growing, changing, and advancing—staving off the complacency that can overtake us if we constantly surrender to the status quo. Living boldly means not settling, but seeking out all that life has to offer. Weight loss surgery often brings about the courage and confidence to get more fully into the game of life. Use this time to consider ways in which you can live more boldly and get more out of life.

**Your best life begins right now.** Now is the time to both look for areas of your life that are in need of growth or change and to appreciate just how great life is. Spend a little time each day thinking about your life. Fill yourself with gratitude for the blessings and determination to overcome the challenges.

**Look for new opportunities and don't settle for doing what has worked adequately in the past.** This involves taking some risk. You may need to explore new relationships, seek out a new job, start a business, or join a gym.

**Learn something new.** Read a book, take a class, travel, try a new recipe, or learn to play an instrument.

**Know what you want and ask for it.** Don't be afraid to ask for what you need to improve your life. The worst that can happen is a "no" answer, but that is better than the regret of not asking.

**Accept, appreciate and embrace those who are different than you.** Cultivate relationships with people from other cultures and backgrounds. Ask about their outlook, upbringing, and family. Widen your perspective and your view of the world may change.

**If you don't like what you see, do something.** Gandhi said, "Be the change you want to see in the world." You become more alive when you fight for a cause outside of yourself and seek to make the world a better place. Just a



few ideas—become a Big Brother or Sister, support a child in a poverty-stricken country, vote, or volunteer.

Living boldly is about being content with where you are today and enjoying the journey as you endeavor to reach your full potential—with all the bumps along the way.

Move out of your comfort zone and make changes to your life today. Live boldly—you won't regret the things you tried; you'll regret those things that you didn't try.

**BE INTENTIONAL** in how you live your life. Act with purpose. Take inventory, use forethought, and planning. **SET GOALS.** Do whatever you can to help yourself, to empower yourself, and to look after yourself. The more detailed your **DAILY ACTION PLAN**, the higher your chance of success. Take the time to define your goals. Don't forget to attach a timeline and deadlines.

**EVERYTHING YOU DO** or don't do will bring you somewhere, make sure that it is in congruence with where you want to go and who you want to be. **ACT IN YOUR BEST INTEREST.** The more power you give yourself, the more power you will have with which to help others. — Akiroq Brost