7 Tips to Love Where You Are Right Now

1. Practice gratitude.

When we're in a negative attitude, we can stall out thinking we're not exactly "enough" to have the life we need. These simple steps may help you love where you are as well.

2. Seek your passions.

When I focused on this new journey, doors began opening quickly, including a welcome to coffee from a friend of a friend. We connected, became colleagues and fast friends, and have been helping each other face our fears, fight our inner demons, and get back on our Feet.


I withdrew from important, critical people in my life and focused closer on who I really wanted to spend time with. It had been a long time since I'd gotten a good night's sleep.

4. Realize who upholds you.

At the point when we're run down, worried, and in a negative mood, we convince ourselves that the last thing we need energy for is light that has been out for seven days? Your bureau that is too full, so your clothes take over the room seat? An inbox.

5. What are the little minor dissatisfactions that you've been enduring, that dim your experience of everyday bliss? The tail end of a relationship that has run its course? A dream that died before it even got started? What is not working for you, and how can you back to contact with exactly how stunning on the spot is.

6. A sure and fast way to begin loving right where you are is to think about all that you must be thankful for. You can keep a gratitude journal, a log where you write down the things you're grateful for, and use it as a daily reminder of all the good things in your life.

7. What is the thing that we call those tricky, minimalist voices to us— you know, the ones that attempt to keep us stuck rehashing things that don't matter or aren't true anymore?

Joy isn't a station you arrive at, but a way of traveling.