**How To Seize The Day Right Now**

* *Learn that it’s okay to make mistakes as long as you learn from them and forgive yourself along the way.*
* *Make your health and wellness a top priority every day as you can’t take care of others if you aren’t taking care of yourself.*
* *If you don’t fit into the crowd you are with, maybe you were meant to lead it.*
* *Laugh often and daily. Find the funny in everything.*
* *Learn to be flexible in your methods but persistence in what lights you up.*
* *Do one thing every day outside of your comfort zone.*
* *Ask more questions and expand your desire to know more.*
* *Look for the silver lining in every experience no matter how dull the shine.*
* *Reserve your judgment until you have all the facts.*
* *Have a mindset of gratitude and be thankful for what you have right now.*
* *Practice admiration without envy.*
* *Don’t try to change people unless they ask for it.*
* *Enjoy the journey not just the final destination.*
* *Check your negative internal dialogue.*
* *It takes the same amount of energy to frown as it does to smile.*
* *Be bold and face your fears. Discover your own voice along the way.*
* *Love more, everywhere and in every way.*
* *Be open to other ideas and ways of seeing things.*
* *Value your time so you won’t devalue yourself in the process.*
* *Surround yourself with those who will tell it to you straight.*
* *Treat people the way you wish to be treated.*
* *Live in the now by being present in all ways – this includes your thoughts.*
* *Make time for the things and people that are most important.*
* *Don’t hold grudges. It’s like drinking poison and expecting the other person to die.*
* *Stand for something or fall for anything (or anyone).*
* *Be an authentic version of yourself.*
* *Journal daily about what you love, what you did and what you’re thankful for.*
* *Never stop moving forward.*