

Enjoy Your Life Right Now!

By Laura K. Bryant

Is your happiness dependent upon some future result? Are you certain your life would be perfect if only you could...find the right job...start your own business...lose the weight...make enough money? We tend to focus so much on the outcome, we forget about enjoying the process. Here's how to start enjoying your life right now:

Stop putting your life on hold.

How many times have you said, "I'll do this once I ...?" We have all sorts of excuses for putting our lives on hold. "I'll buy new clothes once I lose weight." "I'll start investing when I make more money." "I'll take that class when I have more time." When you catch yourself delaying something you really want, ask yourself why and what it would take to do it sooner. Stop putting the things you really enjoy on hold for some other day; that day may never come.

Don't forget the here and now.

In our achievement-oriented culture, we tend to finish one task and move right on to the next without a thought. We're obsessed with finding more time, yet rush through it when we have it. Instead, savor each moment. The moments we live are no less important than the goals we achieve. Be sure to enjoy the here and now.

Ask the right questions.

Ask yourself regularly, "What can I do to enjoy this process?" "What can I do to make this a better experience?" When you enjoy the process of reaching a goal, not only are you more likely to appreciate the outcome, but you're much more likely to stick with the behaviors that helped you reach the goal in the first place. If you aren't enjoying the experience, whatever it is you're doing isn't going to last for long. When you focus on the process, it allows you to be more creative, have more fun, be flexible, and move through life with genuine satisfaction. Who wouldn't want that?

About the Author

Laura K. Bryant is a women's weight-loss expert, speaker, and author of, "Trust Yourself to Transform Your Body: A Woman's Guide to Health and Weight Loss Without Diets." She combined her over 20 years of research in health and fitness, her passion for empowering women, and what she learned from her own 40-pound weight gain and subsequent loss to form her business, Inspire Fitness, designed to help women reach and maintain a healthy weight, while improving their health and enjoying the process. Visit Laura at TrustYourselftoTransform.com