

Diving Living

With Yani



5 POWERFUL DAILY
HABITS TO HELP YOU
LIVE WITH PASSION



Practice Self-Love

Right now, commit to becoming your own best friend.

No matter who else is in your life, you're truly the only person who will be with YOU along every step of the journey that is life. If someone else spoke to you the way that you speak to yourself, would you be friends with that person? If the answer is no, you need to start practicing self-love and being compassionate towards yourself!

Embrace your Uniqueness

There is only one you and there will never be another.

Understand that you are a unique individual with a set of skills and experiences that only you will ever have. All of your past experiences and everything you have ever learned becomes your unique brand of inner wisdom. When you learn to tune into that inner wisdom, you can really follow your energy and your passions.

Spend time with people who uplift you

Spend as much time as possible with people who genuinely uplift and inspire you to be the best person that you can be.

If you don't have any of these people in your own life, then spend time reading biographies and watching videos and taking courses with the people who do uplift you. Cut out, as much as you can, the people who bring you down.

Honor your instincts with action

When you have an idea for a way that you can improve your life, take action on it immediately.

Within 5 seconds, you must act, or your brain will kill the instinct. Your mind wants to keep you safe. You need to use the 5 Second Rule to take action within 5 seconds.

Keep your word

This means keeping your word with others and with yourself.

If you tell someone that you will do something, then do it. This proves that they can count on you. When you promise YOURSELF that you will do something, 5-4-3-2-1 and DO IT. When you take action, you also prove to yourself that you can count on YOU.