



PIVOTAL LIFE DECISION

WHETHER YOU TREAT LIFE AS SHORT AND
PRECIOUS OR TAKE IT FOR GRANTED

ONE OF THE MOST PIVOTAL LIFE DECISIONS YOU WILL MAKE IS WHETHER YOU TREAT LIFE AS SHORT AND PRECIOUS OR TAKE IT FOR GRANTED

The truth is our time on Earth is short. It flies by quickly and unless we perceive that life as precious, we can miss out on so much that it has to offer.

- ☐ Life is precious, always seek to live it to the fullest at every opportunity.
- ☐ The saddest reality to life is most people find it difficult to appreciate its value.
- ☐ Many think, "I'll do it tomorrow" but tomorrow eventually runs out, and then you have lost the opportunity to achieve your dreams.
- ☐ If you see life from a gloomy perspective, you might get what you imagine, which can be disadvantageous. You won't notice the miracles that occur around you.
- ☐ The habit of taking life for granted can lead you to not take the risks and opportunities that it has to offer. Missing out on those can lead to a sad, devastating, and tragic end that may come sooner than you think.

Is Life That Precious?

Every day people go through the most challenging circumstances; some people battle for their lives, enduring pain all day and still believe they have a lot to live for. When you think about this, you can appreciate all the best in your own life, and possibly come to accept that smaller challenges you go through are nowhere near comparable.

For instance, in Syria, people wake up to rockets and bullets flying through their ceilings. The troubles facing other people can remind you of all you have to be grateful for.

It lets you know that you should never take life for granted, which makes you appreciate life all the more.

Taking life for granted can mean you no longer see the value in existence and feel life isn't worth living in the first instance. The truth is everyone has the likelihood of leaving this world at any moment, the best we could do is live it to the fullest with all the positivity we can.

In addition, seeing life as precious opens a door of positivity to your life and allows you to swiftly accomplish your defined goals and purpose.

You also get the best life possible when you have accepted that life is short and precious because you know you only have a limited amount of time to grab your chunk of happiness and contentment.

“We live in trying times, but the strongest ones are those who make the best of these times, living life to the fullest.”

Society for Philosophy and Psychology

WHY YOU SHOULD TREAT LIFE AS SHORT AND PRECIOUS EVERYDAY

Difficult Times Make You Stronger

Difficult times are a part of life when they come embrace them as learning opportunities. The difficulty you face is life's way of preparing you for a greater challenge you would meet in the future.

If you cannot survive the simple challenges then you are not likely to survive the big ones.



Life Is Beautiful And Full Of Love

The beauty evident in your surroundings cannot be overemphasized. There is a deliberate effort by nature to provide the world with some of the most breathtaking scenery that cannot be found anywhere. If you don't appreciate all that beauty, you are missing out.

Humans in themselves are a gift to a world worthy of celebration. Some of the world's amazingly beautiful features should give you hope in life and allow you to hold life dear.

Why then would you take life for granted? Once you notice these beauties around you, you can live your life each day like it's starting brand new.



Life Is Short

There is nothing worse than having major regrets on your dying day because at that point there is no more chances to make things right. A lucky few understand key goals and purpose have to be met before leaving the world.

Always try to make the best of your life. Today! Every day! You have a lot to accomplish in a very short time. Be very deliberate, taking steps to achieve your planned success.

Don't waste your life - stay away from self-defeating behaviors and things that cause you distress and unhappiness.

Stay away from negative or toxic people who try to bring your ego down to a level they can relate with.

Life is short - the average adult human lives for 75 years. Time is running fast, so take advantage of all that today has to offer.



We Only Have This Life

What about an afterlife? Before you get all excited why not create meaning in "this life," which you hold presently. There is no guarantee that your life will be better in the next life nor is there an assurance that such a life exists in the first place.

Instead of expecting a better life after death, try taking little steps to make a difference in your life today and that of the people around you.



"There is no point to life when you are not living."

Herbert Schneider

The value of life is appreciated by those who are alive in it. Without gusto for life there can be no goals, no morals, no values, no interests, no joy, and no purpose.

Inspire yourself with some of the best activities known to man, activities which give you the hope to experience contentment, joy, and appreciate how precious life really is.



Those Who Love You

There isn't any institution as important as family; family is the backbone you lean on both in good and bad times. They support you in times of trouble and care for you in your daily life.

If your family of origin is not supportive, make a new family by surrounding yourself with positive people who know how to genuinely care for others.

Life offers you amazing benefits, one of which is being around the persons you love.

Spending quality time with friends, family, and other loved ones is the best feeling life offers to you.



10 ACTION STEPS TO TREAT LIFE AS SHORT AND PRECIOUS

Step 1: Keep a Gratitude List

It's easy to lose sight of what matters most in life when you're busy, stressed, or anxious. Keeping a gratitude list of all that you have to appreciate can help you focus on these aspects of life when you're feeling overwhelmed and promotes feelings of positivity.



Step 2: Let Yourself Have Big Dreams

Life's too short to not go after your biggest and wildest dreams. Spend your time contemplating your biggest dreams and determining how you can go after them—and then start making it happen! Even slow and steady progress toward reaching a goal is better than never going after the goal at all.

Step 3: Follow The Two Es – Explore And Experiment

If you spend your whole short and precious life doing the same things over and over again, you'll never have any adventures. Follow the two Es: Let yourself explore and experiment so you can always discover new things, learn new skills, and continue growing as a person.

Step 4: Be More Present And Live In The Moment

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Step 5: Embrace What Truly Makes You Feel Happy

Don't waste time on activities you don't enjoy. Spend your energy on what makes you feel happiest—these are your life's greatest passions. If something doesn't bring you joy, reassess that activity in your daily life. Determine what really makes you experience happiness and find more ways to incorporate it.

Step 6: Follow Your Instincts

Learning to trust your instincts is a little scary and intimidating. However, learning to trust these deep down, "gut" feelings is a great way to stay in tune with your true self. When you're following your instincts, you're honoring your short and precious life.



Step 7: Err On The Positive Side

Falling into a negative attitude is easy—after all, it's easier to complain about something than to work toward improving it. Don't fall into the negativity trap. Instead of complaining and spreading negative energy, always find the positive side of life's situations. Life is too precious to spend it bogged down by negative energies.

Step 8: Spend Time In Nature

Give yourself time to enjoy nature and all the beauty it holds. Humans tend to spend a big chunk of their lives indoors—whether you're at work or couch surfing, much of your free time is likely spent within the confines of a building's walls. Spend as much of your precious life as you can outdoors, enjoying nature.

Step 9: Share Your Appreciation For Others

One of the biggest regrets people have near the end of their lives is all the things they never said to people they love. If you love and appreciate someone, make sure you tell them how you feel during your life. Spread love, kindness, and appreciation as often as you can.



Step 10: Always Keep Moving Forward

Life is full of pitfalls and obstacles. No matter what happens or tries to hold you back, find ways to keep moving forward. Even slow progress is still progress being made—don't allow your precious life to be wasted in worry and stress over life's issues when you can keep going forward.

Treating life as short and precious provides you with a mindset that leads to a wealth of opportunities.

**DO NOT WASTE YOUR
PRECIOUS TIME**

**DON'T LIVE IN REGRET, LIVE
EACH DAY AS IF IT'S YOUR LAST!**

