



HOW OUR EXPERIENCES SHAPE US

Mindset, Belief Systems, Self-Worth And Success

60 EXPERIENCES THAT MAKE YOU BETTER

Table of Contents

Introduction	1
How Our Experiences Shape Us: Who We Are And Who We Become.....	2
4 Ways Your Experiences Form Your Identity	3
How Our Experiences Shape Our Mindset.....	6
How Our Experiences Shape Our Belief Systems	8
How Our Experiences Shape Our Self-Worth.....	11
How Our Experiences Shape Our Success.....	13
Positive Versus Negative Experiences And Control Over Our Experiences	15
If An Experience Is Neither Entirely Positive Nor Negative, Can You Control Them?	16
You Have Control Over How You Manage Your Experiences	17
You Can Choose Experiences	18
60 Experiences That Boost Wellbeing And Help Us Thrive	20
The Experience Of Being In Love	20
The Experience Of Doing Something Hard But That Is Good For You	21
The Experience Of Walking Away From Something Toxic	22
The Experience Of Really Connecting With Another Human	23
The Experience Of Really Connecting With Yourself	23
The Experience Of Achieving Something That Took Blood And Guts	24
The Experience Of Doing Something For Your Own Well Being	25
The Experience Of Finding Meaning In Your Life	26
The Experience Of Overcoming A Challenge Or Adversity	27
The Experience Of Finding Out Who You Really Are	28
The Experience Of A Joyful Moment	28
The Experience Of Overcoming A Fear	29
The Experience Of Appreciating Yourself	30

The Experience Of Setting An Important Boundary With Someone.....	31
The Experience Of Giving To Someone Or Something.....	32
The Experience Of A Hug.....	33
The Experience Of Celebrating A Win	33
The Experience Of Smiling.....	33
The Experience Of Live Sporting Events	34
The Experience Of Forgiving Yourself.....	34
The Experience Of Being There For Someone Else	34
The Experience Of immersing Yourself In A New Culture.....	34
The Experience Of Being Rejected	34
The Experience Of Unplugging.....	35
The Experience Of Trying A New Food	35
The Experience Of Dancing Like No One Is Watching.....	35
The Experience Of Cooking.....	35
The Experience Of Learning A Different Language	35
The Experience Of A Live Show.....	35
The Experience Of Standing Up For Yourself	36
The Experience Of Falling In Love	36
The Experience Of Loving Yourself Completely.....	36
The Experience Of Being Vulnerable	36
The Experience Of Building Something From Scratch.....	36
The Experience Of Spending Time In Nature	36
The Experience Of Growing Something.....	37
The Experience Of Going Barefoot.....	37
The Experience Of A Surprise Visit	37
The Experience Of Watching A Classic Movie	37
The Experience Of Participating In A Walking Event Or Marathon	37

The Experience Of Appreciation	37
The Experience Of Giving Someone A Compliment.....	38
The Experience of Being Completely Honest with Another Person.....	38
The Experience Of Being Understood.....	38
The Experience of Telling Someone You Love Them	38
The Experience Of Saying No	38
The Experience Of Taking A Break	38
The Experience Of Being Curious	39
The Experience Of Having A Pet.....	39
The Experience Of Noticing Where You Are	39
The Experience Of Changing Your Routine	40
The Experience Of Telling A Joke	40
The Experience Of Being A Mentor	40
The Experience Of Outsourcing A Task.....	40
The Experience Of Looking At The Stars	40
The Experience Of Learning About Your Family Tree	40
The Experience Of Eating Alone In Public.....	41
The Experience Of Telling Someone Your Deepest Secret	41
The Experience Of Making A Life Altering Decision	41
The Experience Of Taking Full Responsibility For Your Actions	41
Final Thoughts	42

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Introduction

Do you feel well physically, emotionally, and mentally? Your experiences in life play a significant role in your well-being and how you feel. Major and minor experiences, good and bad experiences, and even experiences you aren't consciously aware of affect your mindset, belief system, self-worth, and success in life.

Your experiences shape your identity. Who you are is a product of your experiences and how you interpret them. Your physical senses can only bring your experiences to you. Your mind and spirit interpret how you feel about those experiences.

In simple terms, one person may love to be outside in the bracing cold while another person won't go outside without a hat and scarf. What defines bracing cold if the temperature is the same when both people go outside? Both people's skin senses the same number air temperature and the same strength of the wind. But one person interprets the feeling as pleasurable while another hates the cold.

The difference isn't in the actual temperature or how windy it is. The real difference is how each person was previously exposed to the cold and how they choose to prepare for and face a trip outside.

Since your experiences define your identity, can you change and upgrade your experiences to support better well-being? The answer is yes! First, you start by understanding how experiences contribute to who you are and how you interpret the experiences you have. Knowing how your experiences affect you helps you control your reaction to them.

Next, you will learn that you can control most of your experiences and all of your interpretations of them. Then to support your well-being, you will learn to seek out the kinds of experiences that boost your well-being instead of tempting you to react negatively.

How Our Experiences Shape Us: Who We Are And Who We Become

Have you ever noticed the floor in a very old public building? The kind of floor that countless people have walked over time and time again until the floor is so smooth it becomes slippery? Every footstep was an experience that shaped that floor. At first, when the floor was new, it may have been shiny and relatively smooth.

Over time, small cracks appeared from heavy and uneven footsteps. Little pieces of the floor may have broken away, making the floor slightly rough. The shine faded with each footstep. Hard-working custodians may have buffed and shined the floor many times, improving its appearance temporarily. But the next footstep across the floor started the entire process by damaging the surface again.

The accumulation of all those footsteps finally accomplishes what the custodians cannot. The floor takes on a permanent dull shine and becomes slippery because it's so smooth. The experiences in your life are like that.

Your early experiences shape you over and over with each reaction you have. You become the sum of those experiences but continue to change because of continued experiences throughout your life. The sum of your life isn't only your early experiences. It's every experience you have, with new ones being added daily.

If people keep walking across the floor, the surface becomes so smooth that minor missteps don't harm it. Tiny pebbles caught in the soles of people's shoes or someone dragging a bag across the floor don't disrupt its surface.

But if the building is abandoned and water and other elements reach the floor, it will eventually be destroyed. Only certain types of experiences help protect the floor and boost its well-being.

Different experiences distort and ruin the floor. If the floor could choose, which experiences would it pick? Once you understand how your experiences affect your well-being, you also learn to understand how to find the experiences that best support you.

4 Ways Your Experiences Form Your Identity

The first is the experiences you have that define how you see yourself.

As a baby, you explored yourself and how you fit into the world by touching your fingers and toes, banging, and grabbing at things and causing them to react, and crying to gain attention and fill a need.

Second, from this rudimentary knowledge, you've grown your understanding of yourself through experiences like going to school and work, trying and finding activities you enjoy, and making and losing friends, romantic partners, and coworkers.

Although other experiences can distort how you see yourself, a large part of who you are is based on your reaction to experiences you either found enjoyable or not enjoyable.

Compliments, insults, criticism, and interactions with people are the type of experiences that define how others see you. Your family, friends, coworkers, and sometimes even strangers will often tell or show you how they see you.

Verbal interactions can be positive or negative, but both may include a direct conversation about what another person thinks of you. How people treat you is also an indication of how they see you.

The third way your experiences define you is through how you perceive others see you.

This is different from how others talk and act toward you because it includes experiencing those interactions through how you already see yourself.

For example, a coworker might tell you that they appreciate the way you take charge of meetings. If you see yourself as a leader, you will take that as a compliment. The experience of

what the coworker tells you is seen as a compliment because it reinforces what you believe about yourself.

Conversely, suppose a coworker says that you talk a lot during meetings. In that case, you may experience that as a negative if you already doubt your worth to the organization and think you are wasting everyone's time with your comments.

Similar to that, the fourth way your experiences define you is how you perceive yourself.

This is based on previous experiences that have already defined your self-identity. When you look in the mirror, do you think your hair is not a good color? Where did you get that idea? How you perceive how you perceive yourself often comes from reflection and introspection about what other experiences have contributed to your self-image.

If you realize that you don't like your hair color because your spouse typically prefers blondes and you are a brunette, you may have internalized other's perceptions as your own. Or perhaps you came to believe that blondes really do have more fun because your blond friends are more outgoing than you are. Understanding how and why you perceive yourself in certain ways can help change your perceptions.

Your experiences not only define your identity, but they also shape your well-being too. The types and frequency of experiences you have play a role in your mental, emotional, and physical health.

To understand how your experiences shape your well-being, imagine you did not learn to swim as a child. Perhaps you didn't live near water or couldn't afford lessons. Maybe your parents were fearful of the water themselves and never taught you. You may have a sensory issue that makes being in the water difficult.

The various reasons why are part of your previous experiences or lack of previous experiences. But whatever the reason, assume that as an adult, you cannot swim.

Then imagine that your new boss takes each department for a day on his fishing boat. Because you can't swim, you may be anxious about going, affecting your mental health. Refusing could keep you from connecting with coworkers or diminish your promotion prospects, affecting your emotional or financial health. If you do go, you may have an upset stomach all day, affecting your physical health.

Because your experiences shape your identity, they form how you perceive your place in the world and how you interpret future experiences. Past, present, and future experiences affect your mental, emotional, and physical well-being throughout your life.

How Our Experiences Shape Our Mindset

The dictionary defines mindset as an established set of attitudes that a person has. Put in a simpler way, mindset is how you view the world. Psychologists have identified two different types of mindsets, fixed and growth. Which mindset you've developed over your life affects how you view your current and future experiences.

Stanford psychologist Carol Dweck pioneered how fixed and growth mindsets affect our well-being. With a fixed mindset, people see their character, intelligence, and creative ability are being static.

They view these traits as fixed and don't believe they can change and grow their abilities. They also see the world as fixed, meaning that they measure themselves against an exact standard that doesn't change based on circumstances or experiences.

The only way to prove to themselves that they deserve to be in the world is to avoid failure. If they fail, they view themselves as unworthy and less than others. They may also feel they deserve bad experiences because they are not as good as other people.

A growth mindset is the opposite. With a growth mindset, people see themselves as changeable and capable of growth. They believe that others can change and grow as well. Success is measured in steps and degrees, not as an absolute pass or fail.

People with a growth mindset find happiness and well-being in their journey through life by striving to do and be better. They also accept each degree of their success as worthwhile and enjoyable.

Because our perceptions of our experiences define our identity, our experiences also shape our mindset. Much of this happens in early life, during childhood and young adulthood. As adults we have the power and control to change our mindsets through careful introspection and taking action to replace old beliefs with new ones.

While many different experiences can shape our mindset, the most common categories of childhood experiences include:

- Family dynamics
- Education
- Relationships with peers and authority figures
- Social determinants including race, economic status, housing, and access to healthcare

The experiences are not simply good or bad. Children from stable, affluent homes may develop a fixed mindset that affects their wellbeing.

Likewise, children from dysfunctional, poor households may become resilient, growth mindset adults. While our experiences shape our mindset, they also shape our beliefs, which affect our mindset.

How Our Experiences Shape Our Belief Systems

Belief is what we accept as true. Belief may be referred to as conviction, faith, acceptance, judgment, feeling, understanding, or certainty. Religious belief is a specific type of belief, and people have had many different religious beliefs over time and around the world. Despite a person's religious beliefs, their life beliefs and mindset may be the same or different from others of the same or different religions.

According to psychologists, beliefs are formed in two ways. The first way is in how our brains form patterns from our perceptions. You have probably seen many different types of trees in your life, either in person or in pictures. Based on these experiences, you most likely believe that palm, evergreen, maple, and willow are all trees.

The second way beliefs are formed is because of our brains' willingness to assign agency, or intentional action, to the world around us. If you know and understand how a tree develops from a seed, your brain gives the intentional action of planting, growing, and becoming a tree to that seed.

We form beliefs or judgments about the world through our experiences. In childhood, you learned crying brought food and comfort. Hitting another child generally resulted in punishment.

As a teenager or young adult, you may have come to believe that wearing certain clothes or talking a certain way gave you popularity and status. If you see hard workers getting promotions at work, you will believe that you will be promoted too if you work hard. But if you see promotions only going to family members or manipulators, your belief of how to succeed is different.

Beliefs can change throughout life. New information, increased understanding, and different experiences may all change our beliefs. However, for some people, their beliefs remain fixed, regardless of other influences.

Our commitment to our beliefs depends on factors that may influence how we perceive our experiences. These factors include:

- False memories
- Altered or misperceptions
- Pack mentality
- Dislike of doubt and anxiety
- Ego
- Bias confirmation

False memories are common misperceptions. False memory can be as simple as believing you put your glasses on your nightstand, even to the point where you remember doing that. But when you find your glasses on the kitchen counter, you've substituted a false memory for a real one. Actions and habitual or routine experiences are easily subject to developing false memories because your mind blends the repeated experience together, forming a single general memory.

Another type of misperception often happens in eyewitness accounts. DNA and other technology have proven that eyewitness accounts are not always accurate. The brain records what you experience but sorts that information by what may or may not be most important. Over time, details become blurred, and a person's memory of the event isn't the whole picture.

Sociologists state that humans are pack animals. Society, by its very nature, requires shared beliefs and purpose. Your beliefs may be based, in large part, on the society you were raised in and the community you currently identify with as a member.

Why do we watch the meteorologist for the weather, listen to the doctor's advice, or make financial plans based on the stock market watch? Humans do not enjoy doubt and anxiety. As a society, we have elevated certain occupations and people as authorities and experts.

This is often based on their education and experiences, particularly if we don't have the same experiences. Suppose you didn't go to school to be a meteorologist or a doctor. In that case, it

causes less anxiety to believe in an expert than to look for answers from yourself or other, lesser knowledgeable people.

Some beliefs are self-serving and support our egos. That's what makes blaming others easy. Our egos don't always want to accept that we have failed, especially with a fixed mindset. Blaming others for our failures allows us to believe that we are not at fault or responsible.

People with a growth mindset accept their failures as learning experiences because they believe they can change, grow, and improve.

Bias confirmation refers to seeing what you want to believe. According to Encyclopedia Britannica, confirmation bias caused people to use their existing beliefs to predict the outcome of new experiences.

They only notice or accept the parts of a new experience or new information that supports the beliefs they already have.

For example, may you think haunted houses are scary, and your friend tells you they went to one. Your friend says it was scary, but they had fun.

The fact that they said it was scary will be what you remember the most, not the fun they told you they had. If someone invites you out to go to a haunted house, you've reinforced your bias by remembering your friend said it was scary.

How Our Experiences Shape Our Self-Worth

Self-worth or self-esteem is a combination of how we think and how we feel about ourselves. High self-worth means you feel positive about yourself, while low self-worth means you have negative feelings about yourself. Your self-worth affects how you interpret and react during your experiences.

Psychologists often use the Rosenberg Self-Esteem Scale to determine how much self-worth a person has. After a person has rated a series of statements by how much they agree or disagree with them, psychologists can score their answers to determine self-worth. Some interesting considerations about the Rosenberg Self-Esteem Scale include:

Participants in the Western world generally score, on average, higher than the median score. Because of this, even if people think they have low self-esteem, they may score as having moderately high self-esteem. Studies continue, but many psychologists believe that the difference in self-reliance versus community reliance between Western and other cultures may play a part in these scores.

An extensive internet study of self-worth showed that while self-worth is partially a stable trait, it can vary throughout life. During childhood and early adolescence, scores tend to decrease, then rise from older adolescence until about age 60. After that, scores again begin to decline.

Much of this can be tied to experiences. A younger person is learning to navigate the world around them and figure out who they are. Because they have so much learning and growing to do, it can be difficult for them and result in declining self-worth.

Young adults often feel they have succeeded through the most challenging part of their lives, and their self-worth rises. Adulthood may bring challenges of relationships, parenting, and career, but each time an adult masters something, their self-worth increases.

Older and elderly adults, with possibly failing health or feeling the wear and tear of aging, often experience obstacles to maintaining their previous lifestyle. They may also struggle with

technology and changing social norms. This can decrease self-worth as their opportunity for experiences diminishes.

Combined with these life changes, how society views aging and how people adapt to their experiences also play a role in self-worth. Stereotypes – the awkward teenager, the busy mom or dad, and the out-of-touch older person – come from society's collective view.

A culture where aging is cherished and elders are revered and supported creates a different social view than a culture where older adults are seen as useless or worn out.

Along with overall life experiences contributing to self-worth, a person's individual experiences also contribute.

Psychologists have determined that a child who is bullied is more likely to become a bully. A child taught manners and teamwork might succeed throughout life by making a good impression on people.

Adults with and without children have different experiences. A worker in a factory may not have the same life experiences as a business executive. How we perceive our individual experiences and the dynamics of those experiences determine self-worth throughout life.

How Our Experiences Shape Our Success

People define success in different ways. For some people, success is primarily based on material wealth or career goals. For others, family and personal relationships may define success.

People may also define success as how much they volunteer to help others, how much schooling they've had, how long they live, their health, and countless other personal goals and desires.

How a person perceives their level of success starts with what they consider to be a success. They may want to be like their parent and do the same type of job their parent does. They may want to be something entirely different. People's success goals come from what they choose to focus on and work toward.

According to a study published in the Journal of Personality and Social Psychology, there are four types of goals:

- Mastery-approach
- Mastery-avoidance
- Performance-approach
- Performance-avoidance

A mastery goal is something a person decides to improve or master based on their internal desires. Performance goals depend on a person being better than their peers. Both types of goals can be used to approach or avoid a desired result.

As a general rule, approach goals are considered positive, and avoidance goals are considered negative. Regardless of the specific goal, a person can move toward it or away from it.

Experiences determine how a person chooses their goals and whether they are attempting to approach or avoid them. If a person never learned to swim when they were young, they may choose to stay away from the water and even be fearful of it.

But if they are in a committed relationship with someone who loves to swim, they may change their goal to learning how to swim and work hard to approach a positive outcome.

The more experiences you have, the more opportunities you have to create goals and approach or avoid them.

The deeper and richer your experiences are, the more informed and comfortable you will be with your goals and how you chose to obtain them. Have you always wondered what sushi tastes like because you've never tried it?

If your first experience with sushi is a quality, well-prepared meal, you may develop a goal to eat more of it. And the more you eat and experience different types and tastes, the more you may want to try new flavors. This could even lead you to try other cuisines and adding to your experiences.

How you view success and how you chose to accomplish it also depends on your mindset and beliefs. If you have a fixed mindset and believe that vacations are a waste of time or you are not worthy of taking one, no matter how inexpensive or how convenient the offer of taking one is, you won't accept that experience.

Your confirmation bias will keep you from taking the opportunity for a vacation because you don't believe in its value, and it is not one of your goals. On the other hand, if you think the world owes you pleasure simply because of who you are, you may steal money, break the rules, or otherwise cheat to take as many vacations as you can.

Positive Versus Negative Experiences And Control Over Our Experiences

Is getting your hand slapped as a child because you reached for the hot stove a positive or negative experience? Some people would consider that a negative experience because violence is used against you, the slap may physically hurt, and you may experience being yelled at or scolded for your action.

But according to the journal Scientific American, psychologists would consider that a "meaning-making" experience. While seemingly negative, the experience also may be meaningful, teach you something not to do, and keep you from future harm.

Most experiences are not complete opposites, either positive or negative. Your perspective on the experience and what meaning you attach to it make the difference. While studies show that positive experiences directly correlate to happiness, both positive and meaning-making, or negative experiences, correlate to a meaningful life.

Wellbeing is not about being happy all the time. Life is filled with challenges, obstacles, and disappointments. Wellbeing depends on finding meaning in your life and managing those obstacles. There is no true learning, growth, or personal satisfaction without facing life's struggles.

Your perspective determines if you view an experience as positive, negative, or meaning making.

Psychologists also have determined that the intensity and the frequency of the experience play a role in how you perceive it. For example, a sarcastic comment about your physical appearance from passing stranger may be perceived as negative.

If you've experienced a lifetime of derogatory comments from those closest to you, perhaps your parents or your spouse, you are more likely to view the stranger's comments as a negative. If you were bullied about your appearance as a child, you might immediately perceive any comment as negative.

But if you have a growth mindset, believe in yourself, and have had positive experiences of compliments, you may easily disregard the stranger's comment. It's still a negative experience. No one wants to be criticized by someone else. But your perception of the experience is less negative than if you have a history with this type of behavior.

The sarcastic comment may cause you to feel pity for the stranger and resolve to compliment the next person you interact with during the day. From your previous experiences, you have made meaning of this type of behavior, which may lead you to make doing something positive your goal.

Abraham Maslow, who developed the Hierarchy of Needs model of human growth, stressed the importance of peak experiences. Peak experiences are ones that, according to Maslow, are "rare, exciting, oceanic, deeply moving, exhilarating, elevating experiences that generated an advanced form of perceiving reality." He did not qualify peak experiences as positive or negative. Instead, peak experiences provide meaning and well-being.

If An Experience Is Neither Entirely Positive Nor Negative, Can You Control Them?

The answer was developed in 1890 by William James in his book, *The Principles of Psychology*, Vol. 1, where he stated:

"My experience is what I agree to attend to."

You can control your experiences by controlling your perspective. While you cannot stop a stranger from making a nasty remark toward you, you can control how you perceive that action and what you chose to do with it. Imagine if you punched the stranger instead of walking away.

Your action would most likely create a whole series of additional negative experiences. You might wind up in a fight, trading blows, be physically hurt, or even be arrested. Those are experiences you certainly can control by taking control of how you perceive and manage the original experience.

We know that experiences shape who we are by shaping our mindset, beliefs, and self-worth. You can use those parts of you to control your future experiences to make them positive and meaningful. And because humans dislike doubt and anxiety, you will often feel a need to control your experiences.

In 1959, psychologist Robert White stated that people need to feel control over their lives as an incentive to manage challenges. He thought that the perception of control is necessary for survival.

A baby who feels hungry learns to exert control over their physical environment by reaching for the bottle. They learn to exert control over others by crying and bringing Mom or Dad to meet their needs. The early perception of control builds the foundation for a lifetime of attempting to control your experiences.

You Have Control Over How You Manage Your Experiences

The world around us is ever-changing and full of challenges. You cannot control inanimate forces like the weather, natural disasters, and time. You also cannot control other people. While you may be able to influence someone else by setting an example, talking with them, or asking them to do something, you don't actually have control over how they will manage their experiences.

You also have limited control over situational experiences like traffic jams, crowded stores, or your boss moving up a project deadline. What you do have control over is how you perceive and manage those and all other experiences.

The intensity of a negative experience makes it harder to perceive it as positive or meaningful. Yet there are thousands of stories of people who survived extreme negative experiences and still found ways to perceive them as, if not positive, at least as meaningful. We often call these "feel good" stories because they show us that it is possible to have some control over our experiences. These stories remind us that even the worst experiences can contribute to better well-being.

Actor Keanu Reeves has lived through multiple extremely negative experiences. His father left when he was three years old, he struggled with dyslexia, and his best friend died of a drug overdose. He and his girlfriend had a stillborn daughter, and then his girlfriend died in a car crash. Yet, he is well-known for his "down-to-earth" personality and humble outlook. He has donated much of his salary to people for helping make his movies, including crew members who would typically not be recognized for their contributions. While his experiences certainly appear negative, he has turned them into a way to support his well-being and create a meaningful life.

Country singer Dolly Parton was raised one of 12 children in a single bedroom house. Her family was extremely poor. She has used her fame and financial resources to support many different causes, including the Imagination Library, which gives free books to children worldwide, and scholarships and incentives to local schools, hospitals, and survivors of natural disasters.

Pakistani activist Malala Yousafzai was denied the right to attend school at the age of 11 by the Taliban. When she spoke out for girls' rights to education, she was shot in the head. After she recovered, she told her story and created a charity to help other girls attend school. She earned a Nobel Peace Prize for her work and continues to inspire others to become educated despite cultural and financial obstacles.

These stories highlight the amazing ways people can control their experiences by controlling their perspectives. You can use your experiences to create a meaningful life and support your own well-being.

You Can Choose Experiences

You have control in choosing specific experiences that help to develop outcomes you seek. This requires a deliberate effort on your part. For example, you can choose to surround yourself with like-minded people who are chasing goals and have values similar to yours. In doing so, you help to develop the proper mindset and attitude in line with your values and goals and you also increase your chances of meeting those goals through the support you receive from those people.

Another example is overcoming fears. You can choose to put yourself into experiences that expose you to what you fear in an effort to overcome them. For example, if you are afraid of heights, take a skydiving class, or go up to a roof and spend time up there until your fears are eased. If you are afraid of public speaking join Toast Masters where they practice and teach that skill.

Choosing to engage in experiences that bring you joy is a valuable practice as joyful moments increase our wellbeing and bring comfort and inner peace.

There are countless experiences that you can choose to create for yourself that make you better. Keep reading to see some key examples of such experiences.

60 Experiences That Boost Wellbeing And Help Us Thrive

Controlling your experiences means that you need to seek out positive, meaningful experiences in your life. If you don't feel that you are having these types of experiences, you can boost your wellbeing to have experiences that will help you thrive. Here are 60 experiences that support wellbeing.

The Experience Of Being In Love

Being in love is one of the most powerful human experiences. Love is a potent emotion, and feeling it brings much more than a sense of joy and peace – being in love also involves a lot of other interesting health benefits as well!

Luminis Health reports that happily married couples tended to live longer than their unmarried, single counterparts. As social isolation and loneliness are often big risk factors in a number of poor health conditions, being happily married led to an increase in lifespan.

The same report from Luminis Health also described strong evidence that being in love offered a much lower risk factor for heart-related health complications. Since the heart is a symbol for love, it's a fitting benefit! Similarly, married people experienced less complications from heart disease than divorced or single people.

This may be due to lower levels of stress – in a committed relationship, people have another person to serve as their partner in dealing with challenging situations, relieving some anxiety, and putting less stress on the circulatory system.

While being in love offers a lot of great health related benefits, there are other great ways to enjoy the experience of being in love. Since being in love is one of the strongest human experiences, it's an excellent way to form a deeper connection with another person that is meaningful and substantial.

Above other relationships, your love connection symbolizes a deeper understanding of that person as well as their deeper understanding of you, resulting in a relationship that thrives and flourishes in a beneficial way for both people.

The Experience Of Doing Something Hard But That Is Good For You

Life is full of obstacles and challenges. Even though having to face an obstacle or challenge isn't exactly fun, there are a number of benefits to experiencing these struggles.

Whenever you experience doing something hard, view it as an experience that is good for you. This can be a difficult perspective to adopt – after all, struggling to do something is....a struggle! However, there is value in a struggle.

When you find yourself struggling to do something hard, there are a few ways that the challenge is good for you. Firstly, any time you do something hard, you're usually learning. Something you're trying to accomplish might be hard because it's new to you, meaning you're learning a lot about what does and doesn't work for you during the process of accomplishing the task.

Even when you make a mistake when doing something hard, you learn valuable information you can take along the rest of the journey with you.

Also, doing hard things is another great way to build your character. Simply put, when you go through a hard experience, you learn a lot about yourself and put your attitude into perspective. Understanding what it feels like to struggle and work hard are important aspects for living a grounded life.

Doing those hard things teaches you big lessons about what it means to be an understanding and experienced human being. At the end of doing something hard, you leave the situation with greater respect for others who also work hard to do similar tasks.

The Experience Of Walking Away From Something Toxic

There are many areas of your life that can become toxic. When someone or something in your life becomes toxic, it can negatively impact your entire life.

Think of a toxic situation like an infection – if you ignore it long enough and don't treat it properly to initiate healing, it can spread to other parts of your body. Toxic energy from someone or something infecting your life can spread negativity to other parts of your life!

Unfortunately, everyone experiences something toxic in their lives at some point or another.

Examples of areas in your life that can become toxic include:

- A friendship with a toxic person
- A romantic relationship with a toxic person
- Intermingling with toxic coworkers
- A relationship with toxic family members
- Having a job in a toxic work environment
- Living with toxic roommates in a shared living space situation
- Having a toxic relationship with a substance or habit (substance abuse, impulse shopping, overeating, etc.)

...the list of possibilities is endless! However, learning how to walk away from something or someone toxic is a powerful move you can make to remove the difficulty from your life.

Removing toxic relationships and situations from your life can be a challenge. Often, there are likely aspects of the toxic person or situation you enjoy, but this can't be allowed to overshadow what makes the relationship toxic. For example, your romantic partner may surprise you with kind gifts, but if they constantly say hurtful things to you, that toxic trait can't be ignored.

The Experience Of Really Connecting With Another Human

Human beings are extremely social creatures. If you think about a typical day, you'd probably be surprised to learn how many people you interact with on a regular basis. For example, the people you see at work, your friends, your family, the strangers you make small talk with at the grocery store, and the neighbors are all examples of people you likely interact with daily.

All of these relationships are important in their own ways. As a social being, you depend on that contact to interact with the outside world.

Because human contact is so important, forming deeper connections with another human being is a sacred and special experience. While your day-to-day connections with others are important and necessary, finding ways to really deeply connect with another human brings that experience to a new plane of experience.

When you really connect with another human, you're finding someone with whom you can share openly and deeply. By connecting with another human in a more meaningful way, you're allowing them to enter your sphere of personal experiences and emotion, which requires a large amount of trust. While being that open and willing to share can be frightening, the payout is worthwhile.

By connecting deeply with another human being, you are creating a strong relationship where you can each trust each other for support. In other relationships, you may not feel comfortable discussing your deepest thoughts and emotions, but when you connect deeply with another human being, you may find it easier to achieve this level of trust.

The Experience Of Really Connecting With Yourself

Relationships are important. Throughout your life, you'll develop many of them with other people. Some will grow and become important to you, some will dwindle, some will be negative, and some will be positive. As the many relationships of your life grow and change, there is one relationship you'll have that will always remain constant – the one you grow and develop with yourself!

Above all your other relationships, the one you develop with yourself will be the strongest and most important one of all. Even your romantic partner, parents, or best friend won't know you truly as well as you know yourself. This is why learning how to connect with yourself is vitally important.

Learning how to connect with yourself is important for a variety of reasons. Firstly, when you can connect with yourself, you can get a good grasp on your emotions. This is important for knowing how to process them and express them to others. When you connect with yourself deeply, you're able to tackle your emotions head-on in a healthy and productive way.

Secondly, when you connect deeply with yourself, you have a good grasp on what you want out of life. Because you know yourself well, you understand your own goals, dreams, and desires.

This understanding allows you to visualize your pathway to meeting those goals and dreams in a way that works best for you. Rather than struggling to understand what you want out of life, you develop a clear picture that makes it easier for you to get out there and make those dreams come true.

The Experience Of Achieving Something That Took Blood And Guts

You'll make a lot of achievements in your life. Out of all the things you manage to achieve, though, the ones that will mean the most to you will be the ones that took some serious blood and guts to make happen!

No, we aren't talking about literal bloodshed, here. When something takes "blood and guts," it references an extreme amount of bravery and gumption to get the job done. Something that takes a lot of blood and guts to achieve is no easy feat – during such a trial, you may find yourself pushing your limits, experiencing new and unfamiliar things, and feeling strong emotions.

Although achieving something that takes blood and guts can be a difficult experience, there are benefits to pushing yourself to such extremes to get the task finished. At the end of a "blood and guts" experience, you'll feel an overwhelming sense of accomplishment. Not only did you tackle a challenge, but you took on an exceedingly difficult task.

Achieving something that takes blood and guts of often a test for your emotional stamina. Pushing yourself hard to get something difficult done can be a big emotional strain.

At the end of such a feat, you'll exit the situation with a deeper understanding of how your own emotions work. While the emotional stress was high during the hard work, you'll leave the challenge with a lot of valuable knowledge about yourself.

The Experience Of Doing Something For Your Own Well Being

Taking care of yourself is essential. In a world where it feels like everyone and everything is demanding your attention – from your career to your kids, to your social calendar, to your other obligations – it's not always easy to squeeze in time to take care of yourself!

If you're struggling to care for yourself, allow yourself the regular experience of doing something for your own wellbeing. Even on the busiest of days, taking a few minutes to do something nice for yourself is a great way to boost your mood and keep your sanity afloat.

Doing things for your own wellbeing can take many shapes and forms. For example, some things you can do for your own wellbeing include...

- Sitting alone in a dark, quiet room for a few minutes of meditation and relaxation
- Taking a power nap in the middle of the day
- Turning off your phone after a certain point in the day
- Leaving work tasks at work rather than taking them home
- Taking a hot and steamy bath or shower
- Participating in an activity you really enjoy
- Squeezing in some regular exercise
- Preparing a delicious and healthy meal

- Treating yourself to a special food or treat you especially enjoy

Doing things for your own wellbeing offer a ton of benefits. Besides the instant feeling of relaxation and uplifting of your spirit, doing things for your own wellbeing also reinforces the notion that you are important and deserving of a break.

The Experience Of Finding Meaning In Your Life

Living a life of excitement and adventure is a must. However, one of the best experiences you can ever have is when you find meaning in your life. When everything you're doing begins to come together and form true meaning, it feels as satisfying as snapping the pieces of a big jigsaw puzzle together. You literally begin to see the "big picture" of who you are and what your life can become.

When you find meaning in your life, it'll prove to be one of the most important and meaningful experiences you'll ever have. Finding meaning in your life helps guide your decision making to help you choose wisely for yourself.

With meaning in your life, you make choices that are better and healthier for your needs. You also tend to harbor a more future-focused mindset – with meaning in your life, you can advance forward in a trajectory that is most likely going to help you meet your goals.

Often, when a person realizes they've found some meaning in their life, it not only helps guide them toward good decision making for the future, but it also helps the past make more sense.

When you're living life without meaning in mind, some of your attributes and quirks may not make sense to you at first. You may feel embarrassed, confused, or ashamed of who you are. However, when you begin tapping into the meaning in your life, those stranger parts of your life begin to seem clearer and clearer.

The Experience Of Overcoming A Challenge Or Adversity

Life is full of tough challenges and adversities. Just when you think life has reached a calm point, you may find yourself surprised with an unexpected dilemma or situation that requires a lot of personal strength to overcome. Meaningful experiences that deeply impact your life boost your wellbeing.

Being strong and striving to overcome challenges and adversities isn't usually much fun – in fact, it usually feels like a lot of physical and emotional work! No matter what your particular challenge is, working hard to get through that “rough patch” requires a lot of heavy lifting; any time you face a challenge, you're having to test your limits, push past obstacles, and endure a lot of hardship to get yourself through it.

While all that hard work is very taxing, the experience of overcoming a challenge or adversity is a valuable one.

When you're facing a challenge, you're putting yourself in a situation that will accomplish a few things:

- You'll learn a lot about yourself, such as your strengths and weaknesses
- You'll experience a wide range of emotions (and understand more about how to address them in a healthy and productive way)
- You'll learn from any mistakes you make along the way as you push through the challenge
- You'll emerge on the other side of the challenge stronger than you were before you started

While the process of getting through a challenge or adversity can be physically and emotionally uncomfortable, it often feels that way because it's a period of personal growth. Any time you're

evolving and making major changes, such as powering through a challenge, you're changing a little bit as a human being.

The Experience Of Finding Out Who You Really Are

Throughout your lifetime, you meet a lot of people. Out of those many, many people, your relationships with them all will vary. Some people will become your closest relationships, such as your best friends and romantic partners.

Others will be simple acquaintances, such as a coworker or a neighbor living on your street. Some relationships will come, others will go, and ultimately, there is one relationship that matters most above the others – the relationship you build with yourself!

A key aspect of building a good relationship with yourself is finding out who you really are. This may seem a little silly. After all, you are yourself....it seems like you would know yourself automatically better than others, but this often isn't the case for many people.

The experience of finding out who you really are often involves a lot of personal discovery and growth. While growth can be uncomfortable and discovering about yourself can be difficult, these experiences lead to an overall better understanding of who you truly are.

When you have these experiences and learn more about yourself, you're better equipped to live your life in a way that is fulfilling, purposeful, and successful. As a person who understands yourself, you have more power and authority to make decisions that best suit your personal needs and desires.

This is a powerful tool to have – when you live your life in a way that suits who you are, meeting your goals and achieving your dreams becomes easier.

The Experience Of A Joyful Moment

Depending on your mindset, beliefs, and feelings of self-worth, the smallest things can bring joy. Examples include having cut flowers or houseplants in your home, watching your child play

sports, and your spouse smiling at you. Your perception of a joyful experience can make it a peak experience that helps you thrive.

Life isn't always going to be happy. Everyone faces hardship and struggle in their lives. Even if you aren't exactly facing a struggle, you can still face parts of life that are boring, listless, or downright unpleasant. However, your life is a double sided coin – besides the struggles and mundane, there is another powerful experience you can have: Joy!

The experience of a joyful moment is powerful. Even the simplest and smallest of joyful moments are strong enough to bring some serious good energy into your day.

For example, experiencing joyful moments can:

- Help change your perspective from negative to positive
- Brighten a formerly “bad” day
- Bring you out of a bad mood

The experience of a joyful moment doesn't need to be a big production in order for you to reap the positive benefits. Even the smallest of daily joys can brighten your day and lift your mood.

For example, taking time to enjoy a sunrise or admire the flowers growing along your walk to work are both small joyful moments that can instantly improve your perspective on the day.

Learning how to fill your day with these joyful moment experiences, whether they're big or small, is a great way to keep your personal store of positive energy filled. When you're facing a lot of negativity or stress, making sure that you're balancing those experiences with more joy-filled ones is an excellent way to bolster your spirit and keep your mindset positive.

The Experience Of Overcoming A Fear

Having fears is a normal part of being human. Whether you have small or big fears, having them is something everyone experiences at some point or another. Regardless of what your fears are,

overcoming them is a cathartic human experience. Humans dislike doubt and anxiety. Fear can decrease your well-being. Learn to thrive by overcoming a fear.

Learning how to overcome a fear usually takes a lot of practice and time. Usually, there are specific reasons why your fears form – learning what caused them and finding a good strategy to overcome them may be a trial and error situation before you have an adequate solution.

When you're able to experience overcoming a fear, you'll notice some other benefits besides your fear about a certain topic or situation disappearing. Overcoming a fear often includes the sensation of a weight being lifted off of you. While this isn't a physical weight, it can still be a huge relief, as if something heavy was removed from your spirit.

The experience of overcoming a fear also opens you to a realm of new potential experiences. If you're frightened to do something, that fear might stop you from trying new things or allowing yourself the chance to take on a new opportunity.

For example, if you have a fear of public speaking, you may avoid a new job opportunity that would be a promotion for you because it involves more public speaking duties. In this scenario, overcoming that fear would open the door to tons of new professional and financial experiences for you.

Get support from a trusted friend or counselor. Trauma-based fears and phobias can be difficult to overcome but conquering a fear is a meaningful experience.

The Experience Of Appreciating Yourself

Throughout your entire life, you'll build a relationship with one person in particular that matters more than all the others – yourself! Ultimately, you will get to know and understand yourself better than anyone else ever will. Because of this, it's important to experience appreciating yourself.

When you really appreciate yourself, you're giving yourself a positive experience with a lot of personal benefits. Feeling appreciated by others is always nice but being able to express

appreciation for who you are, what you do, and how your life is going toward yourself is a phenomenal gift of self-kindness. The positive effects from these experiences extend far beyond the moment they happen.

Giving yourself the experience of appreciating yourself is an excellent way to reinforce positive thinking. When you show yourself genuine appreciation for everything you are, you mentally reinforce positive thoughts and attitudes about yourself.

On your toughest days, having some self-appreciation is vital. Every time you show yourself appreciation, you are bolstering the idea that you are a force of goodness, worthy, and an important part of this world. When you're going through rough times, this mindset is critical.

Similarly, appreciating yourself also helps you build your personal store of resiliency. When you show yourself some appreciation, you're giving yourself the positive reinforcement that can help you "bounce back" from a rough situation faster.

Rather than wallowing in sadness or self-pity, your appreciation experiences can help you remember that you are still good, worthy, and important, even when life is difficult.

The Experience Of Setting An Important Boundary With Someone

Creating boundaries within your relationships is an important way to protect yourself from harm and stress. The experience of setting a boundary with someone can feel a little awkward and uncomfortable at first, but those feelings are absolutely worthwhile.

When you set an important boundary with someone, you're communicating your personal limits with another person. By doing so, you're not only protecting yourself from discomfort or harm, but you're also protecting your relationship with that person. A firm boundary stops either of you from crossing into uncomfortable territory that could create unpleasant changes and unhappiness in your relationship.

The experience of setting an important boundary will help protect you and your relationship with another person, but there are some other notable benefits involved with boundaries. When you set that important boundary, you reinforce your own importance to yourself.

By prioritizing your needs, you give yourself a personal reminder that your needs are important and worthwhile. The experience of setting a boundary is a great boost to your own self-worth because it reminds you that your own needs are important and worthy of respect.

Setting important boundaries also increases your flow of communication between yourself and others. Any time another person is made aware of where you draw your boundaries, they understand your feelings and limitations on a particular subject clearly.

Since boundary setting involves explicit instruction to be given to the other person, you are creating strong and clear lines of communication between yourself and that other individual.

The Experience Of Giving To Someone Or Something

Giving to someone or something, like a charitable cause, is a magnificent human experience. Any time you give to someone or something outside of yourself, you're extending a warm hand of kindness to a person who needs your generosity dearly.

Besides helping out another person or a cause, the experience of giving offers a lot of wonderful benefits to the "giver" as well as the "giftee." For example, giving to someone or something else strengthens your relationship with others.

When you offer this type of kindness to a person who needs it most, the experience teaches the other person that you are a force of goodness that can be trusted during a time of need.

The experience of giving to someone or something also helps build the giver's personal attitudes toward themselves. Whenever you perform a kind act for another person or a cause, you give yourself a personal reminder that you have the power to be a force of goodness in the world. This creates a positive mindset within yourself that helps boost other things such as your self-confidence and feelings of self-worth.

Giving to someone or something also puts you into a community mindset. Giving to others is a gracious and selfless act – whenever you take time to give to someone or something else, you remove the focus from yourself and place it directly on the needs of others. The more you experience giving to others, the more awareness you'll develop for the needs of others.

The Experience Of A Hug

Researchers at Oxford University have found that hugging releases chemicals that make us feel good, known as endorphins. Endorphins decrease mental, emotional, and physical pain.

Scientists at the University of California, Berkely, have shown that the gentle, skin-temperature touch in a hug activates c-tactile afferents, which release oxytocin. Oxytocin is associated with happiness and decreased stress. Scientific research explains why hugs are beneficial and boost our well-being.

The Experience Of Celebrating A Win

Winning is not everything. But it can be a positive experience to succeed at reaching a goal. You can and should celebrate a personal win, like losing weight, completing an art or household project, or getting a promotion at work.

You should also celebrate group wins. The experience of winning with a team or partner, whether it's at a game or a life challenge, is a powerful way to boost your well-being and the well-being of others.

The Experience Of Smiling

Have you ever heard the phrase, "it takes more muscles to frown than it does to smile?" Smiling is a simple, easy way to have a welling boosting experience. Like hugs, smiling releases endorphins that make us feel good. Smiling may also lead to a positive experience with someone else.

The Experience Of Live Sporting Events

Even if you're not a huge sports fan, having the experience of watching live sports in a stadium or arena can help your well-being. Use the opportunity to shift your perspective away from your dislike or indifference to sports and focus on the positive experience.

The energy of the crowd, the hard work the players display, and the friendly rivalry between teams are all experiences that show how people thrive.

The Experience Of Forgiving Yourself

When we hold on to self-blame it takes a deep toll on our spirit, and self-esteem. Forgiving yourself for past mistakes and wrong doings is key to helping you thrive and being able to succeed in everything you do in life. Self-blame and repercussions often lead to self-destructive and self-punishing behaviors. When you stop blaming yourself you become self-supportive and feel self-deserving of all the things life has to offer. and this helps you in all areas of your life.

The Experience Of Being There For Someone Else

Volunteering is a fantastic way to boost your well-being and help yourself and others thrive. The willingness to volunteer comes from a growth mindset and creates meaningful experiences.

The Experience Of immersing Yourself In a New Culture

This helps you to expand your horizons, opens your mind and offers you the opportunity to really understand other's perspectives and lifestyles. In learning to appreciate the differences among people, makes you a better person and promotes understanding and empathy.

The Experience Of Being Rejected

Rejection is a negative experience unless you control your perspective. Rejection can cause you to improve enough to avoid it another time. And in retrospect, when you think about your life, perhaps not getting a particular job or being with a certain person allowed you the opportunity for something better.

The Experience Of Unplugging

Social media, electronic devices, and 24-hour news can assault your peace of mind and well-being. Turing everything off for a day, weekend, or a whole vacation boosts your well-being and reminds you to focus on more positive and meaningful experiences.

The Experience Of Trying A New Food

How many foods do you say you don't like but have never actually tried? While you may not like everything to taste, those experiences add to your knowledge and understanding of yourself.

The Experience Of Dancing Like No One Is Watching

Not a dancer? Dance isn't about perfect movement unless you are a professional. Dancing is physically healthy, can build personal connections, and release stress.

The Experience Of Cooking

Learning how to prepare even one special dish is an accomplishment that boosts your well-being. This experience can help overcome fear, be a challenge, and bring joy. Being able to bring a well-made dish to a dinner party or gathering is a win.

The Experience Of Learning A Different Language

Wow, what a great way to expand your horizons and to experience the exhilaration and self-satisfaction of overcoming a challenge, which of course benefits you in many different ways. There are classes, books, and free apps. Even learning some basic words before a vacation is a way to boost your well-being.

The Experience Of A Live Show

Take the opportunity to attend a live TV show or concert. Much like a sporting event, the positive experience of the crowd's energy, the cast or musicians, and the sights and sounds of the event can help boost your well-being.

The Experience Of Standing Up For Yourself

Standing up for yourself can turn a negative experience into a profoundly meaningful one. Speaking up when you disagree, calling out disparity or discrimination, and simply verbalizing what you want help you thrive.

The Experience Of Falling In Love

As the song says, love is a many splendored thing. Accept the challenge and overcome your fears by falling in love with another person.

The Experience Of Loving Yourself Completely

But before you can love someone else, you should love yourself. Accepting yourself for who you are and loving everything that makes you who you are is crucial to your well-being.

The Experience Of Being Vulnerable

When you love and trust yourself and others, you can allow yourself to be vulnerable with them. Being vulnerable opens up the opportunity for meaningful connection. Humans are social creatures who thrive on shared love and support.

The Experience Of Building Something From Scratch

Making something from scratch is a challenge that produces countless well-being rewards. Why not try crafting, building a model, or baking a cake with your grandmother's recipe?

The Experience Of Spending Time In Nature

According to public health research, spending time in nature reduces blood pressure, heart rate, muscle tension, and the production of stress hormones. Being in nature creates positive emotions and may even help you live longer. Spending time in nature helps you thrive.

The Experience Of Growing Something

Bring some nature home with you by growing a houseplant, herbs, or a garden. Plants require routine watering, helping you stick to a schedule, and gardening is an excellent exercise for physical fitness. You can bring all the benefits of nature home and boost your well-being even more by becoming responsible for a plant.

The Experience Of Going Barefoot

Another nature experience is to walk barefoot. Grass, sand, and stepping stones all produce different sensations and boost your well-being.

The Experience Of A Surprise Visit

Contribute to your well-being and the well-being of someone else by making a surprise visit. Visit your parents, stop to see a friend at work, or bring flowers to a loved one in the hospital or a nursing home. The joy you bring them will also bring joy to you and help you thrive.

The Experience Of Watching A Classic Movie

Most people are aware of at least one classic movie that someone they know recommends. Put away distractions and take the time to watch a classic movie for yourself. You'll boost your knowledge, insight, and well-being.

The Experience Of Participating In A Walking Event Or Marathon

Whether it's for charity or the personal satisfaction of running a 5K or more, walking and running events are physically healthy, release stress, and can boost your well-being. Other options include boot camp exercise challenges and obstacle courses.

The Experience Of Appreciation

The Merriam-Webster dictionary defines appreciation as "a feeling or expression of admiration, approval, or gratitude." These emotions are positive ways to boost your well-being. Happiness

and appreciation help people thrive through challenges. Even if you don't particularly like or agree with something, you can still appreciate the hard work or commitment.

The Experience Of Giving Someone A Compliment

Getting a compliment increases your self-esteem. Giving a compliment to someone else helps connects you to your feeling of appreciation and boosts your well-being along with the other person's well-being.

The Experience of Being Completely Honest with Another Person

Honesty can be hard. Complete honesty requires vulnerability, appreciation, and the willingness to connect with others. Honesty build trust that helps you connect and thrive.

The Experience Of Being Understood

Unless you stand up for yourself, are honest, and connect with others, you may never feel completely understood. Being understood is an immensely positive and meaningful experience.

The Experience of Telling Someone You Love Them

When was the last time you told your children, partner, parents, or sister or brother you love them? If you're not doing this regularly, boost your well-being and theirs by telling them now.

The Experience Of Saying No

The next time someone asks you to do something or be somewhere that doesn't interest you and fit into your schedule, say no. Don't apologize. You don't even have to explain yourself. When appropriate, repeat the experience to help you manage your life and to thrive.

The Experience Of Taking A Break

Even if you don't feel your current situation allows you to take a vacation, experience taking a break. According to the business magazine Forbes, employees who don't take short breaks from work daily experience decreased mental awareness, productivity, and well-being. Get up and

walk outside, put your phone on silent and close your eyes, or read a non-work-related book for ten minutes.

The Experience Of Being Curious

Unless you practice it, you won't know how much fun you can have, what you can learn, or how being curious boosts your well-being. Can't remember the name of a movie? Ever wonder how straws are made? How did hip-hop music originate? Curiosity expands your world and helps you thrive.

The Experience of Chasing Your Passion Whole Heartedly. Beyond curiosity, what are your passions? Chasing a passion is a profound and meaningful experience. The paths that you may take to chase your passion wholeheartedly can bring many new, positive, and meaningful experiences to you.

The Experience Of Having A Pet

According to the Centers for Disease Control (CDC), having a pet provides physical benefits and increases your opportunities for exercise and socialization. If your lifestyle or current situation doesn't allow for a pet, why not sponsor a zoo or wild animal?

You can receive information about your animal, their habitat, and efforts to support and protect the species with a donation. Aren't you curious how often you need to feed a fish or what steps are being made to save sea turtles?

The Experience Of Noticing Where You Are

Do you want to support your well-being through varied experiences? One way is to focus on the world immediately surrounding you. Take a walk through a city and focus on the sights, sounds, smells, and energy. Walk through an outdoor market and pay attention to the colors and people. Or sit on a beach and quietly observe the sky, plants, and animals.

The Experience Of Changing Your Routine

We stifle our creative spirit when too much of our day is routine. Taking a new route to work, bringing lunch instead of eating out, and calling a friend instead of watching TV at night are all ways to change your routine and boost your well-being.

The Experience Of Telling A Joke

Everyone should have at least one good joke to use to meet new people, diffuse tense situations, or brighten someone else's day. If your joke isn't accepted as funny, it's still a learning experience.

The Experience Of Being A Mentor

What you already know about life is more than some other people know. Help yourself, and someone else thrive by being a mentor. While tutors teach certain school subjects, mentors share time, companionship, and lessons learned from life experiences. Schools and youth groups often look for volunteer mentors to help young people build confidence and navigate life.

The Experience Of Outsourcing A Task

Try hiring a housekeeper for a month, paying a service to send your small business mailing, or having your groceries delivered. Taking a break from routine tasks can be a reward for yourself. It may also make you appreciate more the work you, and now others, do.

The Experience Of Looking At The Stars

Stargazing is one of the earliest human activities. Whether you feed your curiosity with a telescope and maps or just sit quietly and look up, stargazing is a positive experience that boosts your welling.

The Experience Of Learning About Your Family Tree

You can use a service to trace your DNA and family history. Even talking with your elderly parents or grandparents can provide a view of where you came from and how your family lived

throughout the generations. Knowing your history can be a meaningful experience and grounds you and boosts your well-being.

The Experience Of Eating Alone In Public

Social scientists tell us that eating as a shared experience can boost everyone's health and well-being. Eating alone in a public setting is the type of experience that can be immensely meaningful.

Silence your phone, gather up your courage, and have a leisurely meal at a restaurant. If you focus on the sights and sounds around you, the feeling of self-control in a busy place, and the joy of spending time with yourself, you can boost your well-being.

The Feeling of Being You. Today, do one thing that is uniquely you. Do it again tomorrow and each day after that. Use yourself and your desires to upgrade your experiences to ones you find positive, fascinating, and meaningful.

The Experience Of Telling Someone Your Deepest Secret

Free yourself of the anguish. Often our deepest darkest secrets seem so much worse when we keep them inside. They fester causing you undue stress, shame, and guilt. "We are only as sick as our secrets," as the saying goes. So let it out. Let it go. You will feel better and be better for it.

The Experience Of Making A Life Altering Decision

These types of decisions often take maturity, though and deep consideration. This experience allows you to feel the full power of being an adult and taking responsibility for yourself.

The Experience Of Taking Full Responsibility For Your Actions

This is an adult action. It shows the highest level of maturity. This experience helps to build your self-confidence and gives you personal power in making all decisions in your life with full awareness of their consequences. A completely empowering experience.

Final Thoughts

There are countless ways to upgrade your experiences. It starts with shifting your perspective on the experience. With a growth mindset, you will find that your experiences are positive and more meaningful.

Trying new things and opening yourself up to others help you have experiences that boost your well-being. Use the experiences on this list to thrive, then go out and find other experiences that are positive and meaningful to you!