



Dr *Sheri* MD

**4 TIPS ON
HOW TO
L.I.V.E**

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1

Love yourself and others

To love yourself means to accept yourself as you are, understanding that you have to love yourself before you can love anybody else, or before anyone else can love you. Come to terms with those aspects of yourself that you cannot change and have self-respect, a positive self-image, and unconditional self-acceptance. When you've mastered loving yourself, you're better equipped to let the world love you as well. How is someone else going to think you're totally awesome when even you don't think you are?

When you love yourself you endeavor to take care of yourself physically, mentally and emotionally. You take care of your body by eating well, exercising and getting plenty of rest. Stimulate your mind by learning about new and interesting things. And remember, if you take care of your mind and body but neglect your spirit, you will lack balance and feel that something is missing in your life. Taking care of your spirit rejuvenates you, and helps you deal with the daily stresses and challenges of everyday life.

When you have learned to love yourself, you will not only be able to receive love but you will be moved to love on others. The key to loving on others is to know that true love is the deliberate decision to put the needs of others before your own, and it results in sacrificial action. And here's the special benefit...loving others heals you!

Love produces positive emotions and is a very powerful antidote to fight stress, conflict and pain both mentally and physically.

Love helps you to live longer and fights disease. Studies have shown that cancer patients recovered faster when they had strong family connections. Also, those in loving partnerships recovered quicker or completely eliminated the cancer with no scientific explanation other than the fact that the patient had great love and support from close family and friends.

2

Inspire those around you

Through every tragedy of my life, I've found that by helping others in the midst of my struggles I overcame my battles quicker and with more joy because my focus was no longer on me but on someone else. During trials in your life, it is your chance to ask what lessons can be learned and how what you are experiencing will enable you to be a blessing to others. Often, it's through you that someone else finds the strength to face their challenges. Whether we like it or not people are watching us and they are influenced by how we live. An important part of living a happy and fulfilling life includes being part of a close-knit community where you can share, help and support people you care about. It also includes being kind to strangers, and learning to replace envy and anger with understanding and empathy. It's easy to get so wrapped up in fixing your own life that you forget about helping others. And while it's important to put yourself first sometimes, it's even more important to help others whenever you can. Being generous isn't even always about altruism – becoming more generous and compassionate will have real tangible benefits in your own life. If you want to find yourself, lose yourself in the service of others.

3

Voice your dreams and ambitions

Words are not simply sounds caused by air passing through our larynx. Words have real power. Words do more than convey information; they can translate a desire into a physical reality. The power of our words can actually destroy one's spirit, or restore and rebuild one that is broken. They not only exacerbate wounds but can heal them directly. Of all the creatures on this planet, only man has the ability to communicate through the spoken word. The power to use words is a unique and powerful gift from God. Like tools they can be used to help us reach our goals because the words we speak are actually the overflow of our hearts. Let the power of your words be used of God to manifest the power of your faith. Use your words to become the leader of your life. Allow them to lead yourself to where you want to be. Your words can breathe life back into your ambitions, your desires, your goals, your relationships. You are the only person that can create the future you want. So voice your ambitions, use the power of your words and don't let reality get in the way of your dreams.

4

Voice your dreams and ambitions

We've never had so many opportunities to create a lifestyle that we truly love, yet many of us still live life on autopilot. Here are some ways you can avoid this trap:

- Be deliberate in your life choices. A key part of enjoying life is accepting that we're not going to feel 100% happy 100% of the time. During the more challenging times, remember that life is one big cycle of ups and downs, and that all feelings pass. So put setbacks behind you. You're not a failure because you tried something and it didn't work out; you fail only when you stop trying.
- Allow yourself to feel happy. Many of us find it challenging to enjoy a calm, "normal" life but you need to give yourself permission to enjoy a drama-free existence and focus on finding pleasure in your daily experiences.
- Live an active lifestyle. Exercises releases endorphins, which are natural pain-relieving and stress-busting chemicals.
- Give abundantly. Not just of your money but of your time, your presence, your smile and your touch. When we practice compassion for ourselves and compassion for others, even difficult situations become rewarding and, ultimately, more enjoyable.
- Step out of your safety zone. I would have never found what I was capable of doing if I had never tried anything. I no longer stay in the safety zone. I learned that I may feel safe, but I will never succeed at developing my full potential or being fulfilled in what I am doing. I've learned to step out and find out.