Are you ready to start living a happier, more empowered and satisfying life?

10 Power Habits for Successful Living

Practicing these 10 power habits will help you transform your reality very quickly ~Jonathan Wells
A grateful mindset exerts a powerful influence on your outlook. Not only does it make you feel good in the moment, it also shifts your focus in a positive direction. Practice turning your attention toward all the blessings in your life and try to hold it there as often as possible.

As you focus more on what you are grateful for in your life (even the really small stuff), you will worry less and be less concerned about anything that may be lacking. As a result, you will begin to experience a much deeper sense of contentment and inner joy!

Acknowledging the good that you already have in your life is the foundation for all abundance. ~Eckhart Tolle

To learn more about the power of gratitude be sure to read:

- [How Do Appreciation & Gratitude Affect Your Life?](#)
- [Can You Allow Appreciation to Change Your Life?](#)
Choose Happiness

Being happy is not about circumstances or any other external force. If you want to be happy you must stop looking to other people or things to make you happy.

The first step on the road to a happy life is to make the decision to take responsibility for your own happiness.

Why not embrace true happiness, right now? Just make the decision to be the happiest person you know.

Happiness is something that we all want. You hold the key to your own happiness, so go ahead and unlock it once and for all. Don’t chase happy, be happy!

Most folks are as happy as they make up their minds to be. ~Abraham Lincoln

To learn more about finding real happiness read:

- The Get Happy Now Secret
- What Controls Your Happiness?
We all encounter obstacles, but subconsciously, the word problem says, “Life is not as it should be.” This causes our energy to be funneled toward trying to fix something.

The word challenge sends a totally different message to our nervous system. Instead of trying to fix a malfunction, we will be motivated to find a resourceful way to meet the challenge and turn it to our advantage.

Seeing obstacles as challenges focuses our attention on creating a positive outcome, not fixing a problem. If you want to produce amazing results, try challenging yourself.

Embrace each challenge in life as an opportunity for self-transformation. ~Bernie S. Siegel

For more on seeing obstacles as challenges read:

- Do You See Blessings in Your Challenges?
- 3 Ways to Turn Your Challenges into Opportunities
See Life as an Exciting Adventure

When we’re on an adventure we don’t fear surprises or the unexpected, we welcome them. We actually look forward to new and unfamiliar experiences.

On an adventure we are excited and full of anticipation because we are filled with the expectation of fascinating new experiences. This is the perfect attitude to carry with you as you approach each and every new day.

Your life is a unique, one of a kind adventure, so stop following the masses. The vast majority of people are not living the kind of life you want to live, so don’t get caught up following their advice or imitating their example.

Life is either a daring adventure or nothing at all. ~Helen Keller

For more on living life as an exciting adventure read:

- Inspiration and the Art of Nonconformity
- The Power of Intention and My Personal Quest
Live in the Moment

When you constantly feel rushed and scattered, it can be easy to overlook the beauty all around you and lose your passion for life. Making time to enjoy life’s simple pleasures can restore your sense of balance and harmony.

When you pause to really savor a meal, enjoy a favorite piece of music, take a long walk with nature, and spend meaningful time with your loved ones, you are reminded of the joy that comes from living in the moment.

Life happens entirely in the here and now, so be sure to spend some time there every single day.

The past is behind, learn from it. The future is ahead, prepare for it. The present is here, live it. ~Thomas Monson

For more about living in the moment read:

- Seeking Wisdom from Outside the Box
- Finding the Wisdom to Unlock Your Potential
Each morning when you first wake up, take a couple of minutes to think some positive thoughts about every aspect of your upcoming day.

Focus some sincere positive energy and a fresh sense of enthusiasm on the people and events you are likely to encounter throughout the day. You can use this time to condition yourself emotionally to look forward to everything that you need to do throughout the day.

Carry that positive vision with you all day long, even during the less enjoyable activities. Let your upbeat feelings and optimism for life flow into your entire day.

Once you replace negative thoughts with positive ones you’ll start having positive results. ~Willie Nelson

To learn more about programming your emotions read:

- Is Emotional Planning the Key to a Great Day?
- Can Positive Thinking Really Improve Your Life?
Learn to Quiet Your Mind

We live in a constant state of sensory overload. All this environmental static can cause us to rely heavily on our analytical mind to run our lives.

Putting too much emphasis on your thinking side can cause you to lose touch with your intuitive, feeling side. Eventually this will weaken your ability to connect with your inner sense of joy and adventure.

Sometimes you need to unplug your mind and practice the art of not thinking. Learning to quiet your mind helps put you in touch with the wisdom of your true self.

To the mind that is still, the whole universe surrenders. ~Lao Tzu

For more on learning to quiet your mind read:

- Has Your Analytical Mind Taken Over Your Life?
- Stop Thinking to Grow Your Intelligence
The quality of your life today is an accurate reflection of decisions you’ve already made. Your future quality of life will depend on the decisions you make starting today. By learning to make better decisions you’ll begin creating a more desirable reality for yourself in the very near future.

By far the most important key to making wise decisions is consequences! Every single decision you’ve ever made, or will ever make, has consequences. Once you learn to evaluate your decisions based on the consequences, all the other considerations fall neatly into place.

The quality of your life always reflects the quality of your decisions. ~Jonathan Wells

For more help learning to make wise decisions read:
- The Art of Making Wise Decisions
- The Key to Making Wise Decisions
- Cause & Effect: Living by the Law of Consequences
Learning to represent your experiences in ways that empower you is a huge step on the path to a great life. How can you do that? By mastering a very powerful and largely ignored segment of our language that I refer to as our emotional vocabulary.

With a little practice you can learn to effectively control the value, emotional significance, and intensity of any experience in life. The key is learning to label those experiences with words that empower you.

You can minimize the impact of negative experiences and simultaneously intensify your positive experiences. That’s the amazing power of your emotional vocabulary.

Your words become your world. ~Nadeen Kazi

For more about your emotional vocabulary read:

- Harness the Power of Your Emotional Vocabulary
- Motivation and Your Emotional Vocabulary
You are a beautiful and unique individual. You have a wonderful blend of amazing abilities and qualities that are combined in a distinctive and exceptional way.

How well do you know that inner person walking around in your body, doing your job, and managing your life? Discovering your true self can open the door to a life that feels exciting and fulfilling. If you feel out of touch with your true nature, take some time and really get to know your true self. It will certainly be time well spent.

The better you know yourself, the better your relationship with the rest of the world. ~Toni Collette

If you need help discovering your true self read:

- How to Be Yourself, Your True Self
- How Well do You Know Your True Self?
- How Do I Find My True Self?
- 7 Vital Connections Making Up Your True Self
Welcome to our community

Everything about Advanced Life Skills supports a single mission: To help you create more success in your life and business.

Every article and product we create is designed with one goal in mind, to improve some aspect of your life, your relationships, or your business.

We are here to help you live a successful life!

I truly hope you enjoy this 10 Power Habits resource guide and that you will benefit from incorporating some of these powerful practices into your life.

The links at the bottom of each page lead to articles that fill in the details and show you how to make practical application of the information.

Thanks for joining us,

Jonathan Wells

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