









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
we asked experts what life advice they keep on steady rotation here are 10 tried and true tips from therapists career coaches and writers life lifestyle nico pitney the huffington post 2015 10 09 2023 7 2 the best life advice comes from those who ve learned how to live they ve learned how to avoid regret make the most of the good and turn everything that might have been negative to their benefit and when you know what they do you can do the same 1 reject your sense of injury and the injury itself disappears 2020 11 26 you know that there are life lessons in brushing your teeth making your bed and taking the train here are 20 life lessons that appear in your day 2023 6 30 whether moral lessons learning lessons or deep life advice our list covers a lifetime s worth of insights worth embracing as you reflect on each one make notes in a journal or notebook about how you can make these great life you can improve yourself and your life by focusing on things that are good for you including challenging negative self talk practicing self respect managing stress and resolving conflict in 2022 8 31 this page collects life lessons from my own life as well as from the lives of artists creators and innovators articles grapple with concepts like marriage gratitude and work life balance 2022 3 1 approach life with a beginner s mind learn something new every day pay attention to what you know deep inside yourself figure out what s meaningful to you and engage with it 2023 6 2 the 25 best pieces of life advice 1 value your time 2 take care of your health 3 seek balance 4 express yourself 5






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cultivate a positive mindset 6 practice gratitude 7 maintain healthy relationships 8 listen more than you speak 9 practice empathy 10 practice forgiveness 11 learn from your mistakes 12 seek    2024  2  22  yet by looking at some of the habits of successful people you can learn new tactics and strategies to implement in your own daily life cultivate and nurture these abilities and over time you may find that you are better able to

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 1  approach life with a beginner s mind learn something new every day pay attention to what you know deep inside yourself figure out what s meaningful to you and engage with it

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