

10 Ways to Feel Fabulous Every Day

How would you like to feel fabulous every day? Wishful thinking, or is it within your grasp?

Whether it's moments of pleasure or more enduring personal satisfaction that you're craving, make some of these tips from [Good Health Magazine](#) a daily habit, and you'll soon feel more of what you desire:

1. **More connected:**

Plan on having some fun. Love coach Dr Gabrielle Morrissey says, 'Fun time together comes easily when you're first together, but later, it takes effort. But fun doesn't have to be spontaneous to inspire passion.' Research shows that spending more on leisure experiences is the only form of consumption that boosts happiness, so don't feel guilty about that night out or exotic holiday.

2. **More calm:**

Create a calming playlist and use tracks on your iPod or iPhone as a mini-meditation aid (anything down-tempo and relaxing - try *Boards of Canada*), or alternatively, download a free guided meditation app for your iPhone, like the Zen Timer 'bell', which 'dings' at set intervals.

3. **More energised:**

Try a DIY 'daytox'. The one-day detox craze, which started in London, has plans to set up in New Zealand this year, followed by Sydney. An 'Urban Daytox' combines a juice fast and QiYoga with a lifestyle reassessment to offer a fast health overhaul. If you can't wait, try this DIY daytox, recommended by Urban Daytox's Evie Collins: 'Eat or juice raw vegetables and fruits (a cleansing, energising juice or a huge fruit salad for breakfast, and a salad or green smoothie for lunch and dinner). Connect mind and body with an hour's yoga or nature walk, and try our a mini-meditation. Take a salt bath to finish your cleanse and get to bed early.'

4. **More virtuous:**

Research shows that giving cash away can significantly boost your happiness. Philanthropy Australia suggests asking yourself the following before choosing a charity: 'What do you feel most strongly about? What is the problem you would most like to fix?'

5. **More creative:**

Sign up for an evening class to learn a new skill: how to tell a story, paint a landscape, or create authentic Thai (or in my case Moroccan) food. For course inspiration, log on to: www.courses.com.au Studies show that learning also boosts happiness.

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6. **More healthy:**

Kickstart your digestion first thing in the morning. Naturopath Mim Beim suggests mixing 'a teaspoon each of cider vinegar and manuka honey. Manuka honey is an immunity booster and antibacterial, so it's great for all-round health.' Or, try one healthy swap per day. Mim suggests switching your 'peanut butter on white toast for ricotta and mashed banana on sourdough. It will deliver lots of potassium and tryptophan which converts to serotonin, the feel-good neurotransmitter.'

7. **More rested:**

Dr. David Morawetz, a clinical psychologist specialising in sleep disorders says, 'I always advise people not to fall asleep in front of the TV. Think of it like going to a fancy restaurant - you wouldn't eat a block of chocolate before you walked in. A TV nap before bed takes the edge off your sleepiness, so that when you do go to bed, it's harder to drop off, and you're likely to sleep fitfully.'

8. **More happy:**

Try a massage to release the same feel-good chemicals (or endorphins) that flood your body after exercise.

9. **More productive:**

In an experiment conducted at Massachusetts Institute of Technology, workers who chatted got more done. Even small increases in team communication led to large productivity gains. This backs up findings of researchers from Sydney's University of Technology. Donna Rooney, who co-authored the report, says 'Informal conversations can be surprisingly productive and a useful way of disseminating information. They can also encourage greater self-expression than formal meetings.'

10. **More content:**

Go dancing! The focus dance requires interrupts negative thought patterns typical of depression. A German study of tango dancers found that they had lower levels of the stress hormone cortisol and increased testosterone after a session, which made them feel sexier.

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