

Confidence

COMMANDMENTS

A happier life in 10 simple steps!

I *Thou shalt be thyself*

The world has lots of things, but it only has one you. So do what you do best and be yourself, coz as the absolutely amazing Lady Gaga once said, “If you’re not being yourself, and [instead] you’re being an idea of yourself, it’s an injustice to everything that you stand for”.

II *Thou shalt never go to bed angry*

This is definitely not good for your stress levels. If something’s bothering you, just come out and say it. Chances are, the person involved will be grateful for your honesty – and you’ll surely feel better once the weight’s off your shoulders!

III *Thou shalt do what makes ihou happy*

Here’s the thing: Everyone else will be looking after themselves, so who’s gonna look after you? The answer is... YOU! Life’s pretty simple, really. Do what you want to do, don’t do what you don’t want to do. End of story.

IV *Thou shalt surround ihyself with those who bring out the best in ihyself*

Whether it be your bestie or your BF, life’s too short to waste time on someone who treats you badly, doesn’t accept you for who you are, and doesn’t make you smile at least once Every. Single. Day.

V *Thou shalt live for today*

... because that’s exactly what you’ve been given. As we’ve all heard, “Yesterday is history, tomorrow is a mystery, and today is a gift – that’s why they call it the present”, so stop dwelling on the past and wasting time on regrets, and step up to what today has to offer.

VI *Thou shalt put some thought into it*

When you feel your blood boil, ask yourself one question: Will this matter a week – or a year – from now? Coz if you haven’t yet realised, “anger” is one letter short of “danger”.

VII *Thou shalt remember that life is too shori*

... so don’t waste a minute of it! Seriously! We’re not gonna tell you to compare yourself to those who are less fortunate, because life really is too short – no matter what situation you’re in. We reckon you’ll have no problem, as long as you remember rapper Drake’s famous words – “Everybody dies, but not everybody lives”.

VIII *Thou shalt have a positive outlook*

If you focus your energies on finding the positive – instead of moping about the negative – you’ll find that you really do start to see life in a new light. Plus, you’ll start to fall in love with things you never even noticed before. Try it!

IX *Thou shalt be kind to ihyself*

Remember that you’re only human, and that everybody makes mistakes at one time or another. So take this opportunity to forgive yourself – it’s just as important as forgiving others!

X *Thou shalt do something ihou believes in*

No, we’re not saying you are solely responsible for creating world peace, but taking part in something you believe deserves your attention will make you feel amazing.

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