

the

**BEST
YEAR OF
YOUR LIFE**



THE COACHING MASTERS

the BEST YEAR OF YOUR LIFE

5 TO 10 THINGS I WANT/NEED TO STOP DOING

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5 TO 10 THINGS I WANT/NEED TO REDUCE

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5 TO 10 THINGS I WANT/NEED TO START DOING

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When a phrase from approximately 2300 years ago continues to be repeated to this day, there is only one explanation: it is really good. I'm talking about Aristotle, the Greek philosopher, who said that "*virtue is in habit*". In other words, we become what we repeatedly do.

10# Travel with your friends

After college, traveling with friends becomes increasingly rare. And for an understandable reason. You are now in a serious relationship; with multiple bills to pay; and a career that demands a lot of energy. In short, it's a new time and a new focus.

But hey, our friendships deserve more attention than that, right? Relegating them to the background is a mistake we often make when we leave adulthood on autopilot. The days of partying at the college games may be behind us. But once a year, at least, it's worth getting the old gang together and taking a trip, however modest or short it may be. The important thing is to enjoy the company.

9# Learn to cook for real (fried egg is not valid)

You can't spend your whole life depending on your mother, girlfriend or delivery apps: there comes a time when it's essential for a man to learn to cook for real. First, for the sake of independence. You don't want to depend on others forever for food, right?

Also, women these days are crazy about men with culinary skills. Invite that girl you've got your eye on to try the shrimp risotto you make — and presto, you can be sure you've won her.

8# Take care of your body as it deserves

Miracles don't exist: if you smoke like an advertising cowboy, drink more alcohol than Don Draper, and exercise as much as an old dog—you can be sure, the bill will come at some point.

In fact, it is very likely that she has already arrived. You may not have developed a more serious illness yet. But these exaggerations are bad for our lives in many ways. Among them the sexual.

So it's time to take care of your body as it deserves. Nobody here is talking to you to become a health activist overnight. The key is in moderation. Smoke less, drink less, play more sports.

And then, gradually, you can move towards a healthier life. Have no doubt, your mood, sleep, health — and performance behind four walls — will improve a lot.

7# You know that old fear? face it

The term “comfort zone” exists for a reason: you feel good there. That's great. But how about fighting to make this area a little bigger? And so, feel good in new places? Everyone has their fears or phobias — and anyone who says “I don't” is simply not brave enough to admit it, either to themselves or to others. The first step, therefore, is to accept this fact. And then struggle to resolve it.

A Japanese proverb says that “fear is only as deep as our mind allows”. The best way to overcome fear, therefore, is to face it. The feeling of satisfaction will then make the effort worthwhile. You can be sure.

And you will have, in your life, one less obstacle to disturb your plans and dreams.

6# Help others (and help yourself)

In general, we give a disproportionate dimension to our problems; they look much bigger than they really are. How about getting out of this bubble and looking to the side a little?

There are many people who would certainly be grateful for your help. Whatever you do—volunteering at a nursing home, helping to build housing in a social program, or simply doing the dishes when you have lunch at your mother's—you are taking a big step toward personal growth.

Science itself has even proved that helping others is also helping yourself, as this kind of generous attitude brings us immense well-being. Add the word “generosity” to your life.

5# Be elegant, both in look and attitude

Elegance is a moral code that values virtues such as generosity, honor, sympathy and humility.

Once you master these virtues, however, you'll be taking the next step in dressing well. Being stylish, both in looks and attitude, is something that will make people remember you with fond memories.

4# Listen to Don Corleone and spend more time with your family

"A man who doesn't spend time with his family can never be a real man." Anyone who watched “The Godfather” certainly remembers that phrase. And, in case you haven't seen it yet, I add here an extra 11th step to having the best year of your life: watch it.

Like any mobster, Don Corleone may have committed his sins, but make no mistake: he was a great man, honorable and principled. The movie has beautiful lines from him, but this is one of my favorites.

Sometimes our family can stress us out. The grandmother who always insists that you eat more and put on a coat because of the cold; the mother who calls all the time to see how you are; the brother who borrows his car and returns it without gas.

But when you stop to think about it, you know what could be worse than that? Live without it. There is nothing more valuable in a man's life than his family—and I include great friends in “family” as well. If you are “out of time for them”, you need to review your concepts.

3# Think “career”, not just “job”

There are two types of work: those that motivate us—and those that don't. Which group is yours in? Okay, there are times in life when the financial issue speaks louder than motivation. If you're full of bills to pay, you can't just quit your job suddenly to pursue your dream, right?

But even in these situations, think about your career. Make plans. Think about how you can, even in the long term, include the word “motivation” in your professional routine.

Sometimes it's saving money to, I don't know, open your own business in a year; or taking a new college at night; or simply stepping out of your comfort zone and looking for a job, in your spare time, at a different company.

The important thing is to build a career plan. This will make you see the daily difficulties in a necessary step to later reach a bigger goal.

2# Set aside more time for your hobbies

What do you do in your free time? If you thought, thought, thought — and the only thing that came to your mind is browsing Instagram while lying on the couch, it's a sign that you need to find a new hobby. What is better, after all: turning your leisure time into productive fun or continuing to vegetate awake?

The daily rush sometimes leads us to put our hobbies aside. This is a big mistake, as they represent a stimulating passion. Invest in yours. Is it chess? The reading? paint pictures? Cook? It doesn't matter, the point here is to find an activity that brings you satisfaction and personal growth.

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1# Invest your money more in experiences, less in material goods

Buy the new iPhone or travel to Rio de Janeiro? If you are thinking that the iPhone will last for many months (or even years) while the trip will be over in 1 week, better think again.

Science has already proved that the acquisition of material goods does not bring happiness for a long time. After all, we are always wanting more. Did you buy the last iPhone? Soon it will lose its fun and you will already be drooling over the next Playstation or wanting a new car.

Investing your money in experiences, on the other hand, generates lasting happiness. You are creating memories and memories that will stay with you forever. It is critical, however, to be true to your personality. If you don't like theater, for example, there's no point in spending money watching a play. Is your business sports? Go to the stadium or set up a kart race with your friends. Money spent on experiences is an investment in yourself.