



Opinion

Volume 3 Issue 3 - August 2017
DOI: 10.19080/GJARM.2017.03.555613

Glob J Add & Rehab Med

Copyright © All rights are reserved by Nahla Samy

Life is Full of New Beginnings



Nahla Samy*

Department of Psychology, Egypt

Submission: August 05, 2017; **Published:** August 29, 2017

***Corresponding author:** Nahla Samy, Department of Psychology, Egypt

Opinion

Here's some valuable advice to help you along the way and new ways of thinking aimed at getting more out of life. Here are 10 of my favorite words of advice for starting a new

a. Try New Things: Try new foods. Check out the latest museum exhibits. Read books that are outside your area of expertise. And don't be afraid to take bigger risks, such as moving across the country. It's the life experiences that broaden your perspective.

b. Don't Be Afraid To Fail: Failure is a roadmap for what not to do next time.

c. Talk to Strangers: Open yourself to new opportunities by looking approachable. Assume the other person is shy and say hello. Then find common ground on which to start a conversation. If there is something of interest, don't be afraid to ask for the person's contact information and then follow up.

d. Be Willing to Change: What got you where you are today isn't going to get you where you want to go tomorrow.

e. Write a Personal Mission Statement: Businesses have mission statements, and people should have one, too

f. Don't Try to Fit in: Once you identify what makes you

different, concentrate on it, and To be successful, you don't have to change who you are; you have to become more of who you are.

g. Don't Confuse Having An Opinion With Having A Thought: It requires energy and attention; having an opinion requires neither. Instead of deciding whether or not you like the idea, ask yourself, 'Where's the power in this for me?

h. Don't Get Hung up on Perfect: Excelling sounds like a good thing, But if you use this mindset in everything you do, you're spending a huge amount of time on things that aren't important. Instead, identify the things that are worth "gold plating," and then adopt a policy where good is good enough.

i. Be Selfish: To be a healthy, grounded person, you need to be selfish and take care of your own needs. People who are self-focused but not self-involved are healthier, happier, have better relationships, and have better leadership skills. "The truth is that you need to be both. It's not an either-or."

j. Don't Worry About The Big Picture-Celebrate Every Milestone: Finally, the road ahead can feel long and overwhelming. To alleviate some of the stress, focus on milestones. Milestones are everywhere: the first semester, the first week of a new job, the first client.



This work is licensed under Creative Commons Attribution 4.0 License
DOI: 10.19080/GJARM.2017.03.555613

Your next submission with Juniper Publishers will reach you the below assets

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats
(Pdf, E-pub, Full Text, Audio)
- Unceasing customer service

Track the below URL for one-step submission
<https://juniperpublishers.com/online-submission.php>