

10
Invaluable
Tips

To Increase Your
Fulfillment In Life

Jonathan R. Wachtel

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1

Meditate and generally practice being mindful of what you are experiencing in the present moment. Fulfillment can only be experienced in the present as it is, not in the past or the future or alternative versions of the present. The more present you are to what you are experiencing in this moment, the more accepting you will be of what is, which will lead you to be more accepting of what was, which will lead you to be more accepting and trusting of what will be. In other words, the more present you are to what you are experiencing in this moment as it is, the more fulfilled you will be.

You can learn how to meditate and be more mindful and present to your experiences [here](#).

2

Focus on what you want, not on what you don't want. Your goal is ideally to notice everything you are experiencing now and then to choose to focus primarily on what you like about what you are experiencing now and on what you would like to experience in the next moment(s). If you focus mainly on what you like in your experience, you are guaranteed to be more fulfilled than

if you focus mainly on what you don't like in your experience.

So ask yourself what you like about this moment. Note this and that you'd love more of this. And ask yourself what you don't like about this moment. What would you like instead of this in the next moment?

Practice redirecting your focus of attention from what you don't want to what you do want. Get some help with this [here](#) so that your present and future moments of experience are filled only with what you *do* want.

3

In order to make life more fulfilling, it would be great to have guidance in navigating it. When you're lost, it helps to have a map. This way, you can gauge where you are in the progression of life and why and how to keep moving forward in the direction you want to be going. The more you understand about the natural progression of life—the ups and the downs and what they mean and how to make use of them—the less likely you are to feel totally lost. You have the ability and the tools to identify where you are and which direction is the right direction from here to get to your desired destination.

You can get a map and guide to life [here](#) for when you need some help finding out where you are and where you're going and how to get there.

4

Even better than a map is a GPS system. And, fortunately, you came with one. Your thoughts, feelings, and instincts are part of a built-in GPS system that is constantly helping you navigate to wherever you indicate that you want to go with the focus of your attention. You just need to learn how to use this GPS effectively and you need never to be lost or wandering again.

When we want to learn how to use things, it helps to have an instruction manual. We may not always use this, but it comes in handy when we're having trouble figuring something out ourselves.

You can get an instruction manual for your internal GPS [here](#).

5

Expand your mind by learning something new that makes you think and operate in ways that you haven't thought or operated before. When you learn new information, skills, or tools, setting goals you haven't achieved before, you pave the way for further new learning. Questioning your usual way of thinking about and doing things helps you break out of old habits and routines that aren't serving you as well as other beliefs and behaviors might. If you regularly expand your boundaries and stretch your comfort zone, you grow rather than stagnating. Continually stimulated by newness, you experience fulfillment that is impossible in stagnation and avoidance of growth.

You experience the empowerment of being regularly reminded by your experiences that any perceived limitations are only imaginary. You can make your reality whatever you want it to be as long as you allow yourself to believe in the possibility that you choose your beliefs and that these are the only limitations on what you can experience.

You can step out of the box of your usual experience of life with [this informative resource](#). It can help you zoom out and expand your perception and conception of reality and even how you think about everything you think about.

And you can radically expand your conception of the power you have over the shaping of your life with [this](#).

6

Learn more about yourself and what fulfills you. Understanding different aspects of your personality can help with this. By learning more about how you are inclined to operate, you can make appropriate changes in order to improve your relationship with yourself.

You can learn more about yourself in [this fantastic guide](#). It can help you recognize various personality inclinations that you have that influence how you think and feel, what you want, how you behave and react in different situations, and overall how you make your decisions on a moment-to-moment basis.

7

Follow your bliss. Focus on what makes you happy. Do what makes you happy. Make choices based on what makes you happy. Listen to yourself and you will fill your life with joy.

If you'd like some help learning how to listen to yourself and identifying what makes you happy, you can get this [here](#).

8

Read, watch, and listen to positive, inspiring, uplifting books, movies, music, etc. and generally surround yourself with positive experiences. Whatever you focus your attention on determines your experience of life. If you focus primarily on things that make you feel positive, you will be empowered, stepping into that experience of reality and filling your life with it.

It would be a great idea to read an inspiring and empowering book like [this](#) or [this](#) to shift you into a positive place.

9

Get an informed outside perspective to guide you in understanding yourself, how you are inclined to operate, how this is influencing your experiences of yourself, other people, and the world around you, and how you can change how you are operating in order to

get different results. Often when we are lost in our own perspective of things, getting an informed outside perspective is the absolute most effective and efficient way to find our way back on track to where we want to be.

You might want to [schedule a free consultation with a life guide](#) to accomplish this.

10

Share the lessons you've learned and are learning that have helped you and are helping you be more fulfilled. Discuss what's helped you with other people. Discussing and sharing what makes us happy and what has made us happy serves as a reminder and motivator to keep doing this. It also helps the people around us to be happier, as long as we are simply sharing our experiences without imposition or force. And when the people around us are happier, we are inclined to be even happier, and so the fulfillment builds upon itself.

So if these tips have helped you, it would be fantastic if you would direct your friends and family to www.inspirationallifeguidance.com so that they can get their own free copies of this guide and benefit from these tips, too! Thank you!

About The Author



Jonathan R. Wachtel is an international inspirational life guide, speaker, and personality expert. Creator of the JRW Life Guidance System—an innovative and effective approach to helping people actualize their ideal lives—he provides guidance in the areas of personal development, health, dating, relationships, family, career, business, and more. He offers one-on-one, individualized, life guidance sessions, as well as group workshops and talks, in which he helps people create deeply fulfilling lives. He aims to inform, inspire, and guide with his written and spoken words and is the author of

[Change Yourself, Change Your Life: Empowering Stories Of Transformation,](#)

[You Are God: Why This Conclusion Is Unavoidable, And What It Means For You,](#)

[Life: The Instruction Manual,](#)

Whatever You Do, Don't Buy This Book!,

The Relationship Key: Unlock Your Ideal Life Experience,

Freedom: An Inspiring And Transformative Story Of Self-Discovery,

There is a Place, and

An Experiential Understanding of How All that Is Came to Be.

To find out more about Jonathan, and to contact him, visit www.jonathanrwachtel.com.