

The 110 Elements of a Bold and Happy Life

Do you want to have an amazing, fulfilled and high quality life? Review this checklist to see where you stand with your current quality of life.

You can begin to improve your life today by selecting one or more of these elements missing from your life now, and then begin to work toward making it true for you.

For each statement you select, write down ten action steps you can take to improve the situation.

Family and Relationships

- 1. I am in a mutually supportive, loving relationship, and I am happy and content with my spouse or partner. Or I'm happy and content being single.
- 2. I have a close group of friends with whom I am mutually supportive, and I regularly enjoy spending time with them. My friendships are effortless and easy.
- 3. I have a best friend, and I nurture this relationship lovingly.
- 4. I am very close to my children and find ways to connect with them every day.
- 5. I have made a point of addressing any unresolved issues with friends or family members in a kind and loving way.

- 6. I am part of a professional network that stimulates me intellectually and emotionally.
- 7. I am developing friendships with people who live outside of my country of residence.
- 8. I am close to my parents and for my part have addressed any issues between us. I enjoy spending time with them.
- 9. I get along well with my neighbors.
- 10. I get along well with my co-workers.
- 11. I put my significant relationships ahead of work, projects or hobbies. I have time in my life to put toward nurturing these important relationships.
- 12. I look for the best in the people with whom I am close and work to let go of pettiness.
- 13. I don't have a problem with my temper or managing angry feelings.
- 14. I am open to learning new ways to communicate and strengthen my relationships.
- 15. I see the value in outside counseling or coaching to help resolve difficult issues and would initiate this if needed.
- 16. I don't maintain any relationships out of guilt or obligation.
- 17. I don't wait for others to resolve conflict. I don't mind initiating resolution.
- 18. I enjoy meeting new people and expanding my circle of friends, even though I may have a small group of very close friends.



- 19. I recognize when I am isolating myself at work, through projects or behind the computer, and I make a point of re-engaging with the people around me.
- 20. I am loved by the people who mean the most to me, and my circle of friends regard me as kind, trustworthy, loyal and supportive.

Happiness and Fulfillment

- 21. I am very happy with my life and circumstances right now.
- 22. My life feels appropriately balanced between my work, family and leisure time.
- 23. I have at least one hour a day that I spend exclusively for myself in a way of my choosing.
- 24. As much as possible, I try to live in the moment and enjoy even the small pleasures of life.
- 25. My weekends and days off are pleasurable and relaxed.
- 26. I almost always feel happy about getting up and starting the day.
- 27. My home makes me feel happy and comfortable.
- 28. I am doing something meaningful in my life that is a contribution to the world in some way.
- 29. When I notice I am thinking negative thoughts, I make every effort to reframe and change my thinking.
- 30. I regularly reflect on all of the great things about my life and all of the things I am grateful for.

- 31. Other people's moods don't pull me down.
- 32. I try to help other people in small ways whenever I can.
- 33. I don't feel jealous of other people or stew about what they have that I don't. I am happy for them.
- 34. I see the future as exciting and full of possibilities.
- 35. When I feel stressed and irritable, I know I need to get my life back in balance, and I do something about it.
- 36. I regularly take time to appreciate beauty in all of its variety.
- 37. I frequently spend time outside and in nature.
- 38. I share my accomplishments and good news with those close to me.
- 39. I read uplifting books and other materials, and I avoid violent, degrading or negative movies and television programs.
- 40. I regularly spend time in silence going within through prayer or meditation.

Self Care and Emotional Well-Being

- 41. I exercise regularly (4-5 times per week) for at least 30 minutes a day.
- 42. I am the appropriate weight for my height, and my body is in good shape.
- 43. I eat foods that are nourishing and healthy, and I eat appropriate quantities. I rarely gorge or eat past my feeling of fullness.

- 44. I know about healthy dieting when I do need to lose weight and have the self-control to cut back when I need to.
- 45. I eat for sustenance and pleasure – not for emotional comfort.
- 46. My teeth and gums are in great condition, and I visit the dentist regularly.
- 47. I have regular check-ups with my doctor and address any health problems quickly.
- 48. I don't abuse my body with too much alcohol, caffeine or drugs.
- 49. I take four or more vacations a year.
- 50. I don't engage in any behavior that would harm my mind or body.
- 51. I readily seek support from a mental health professional or coach if I need it.
- 52. I have a high emotional intelligence and understand appropriate, mature behaviors and attitudes.
- 53. I spend my time with people who are also emotionally intelligent and mature.
- 54. I take care of my appearance and am well-groomed without being obsessive or overly-focused on my looks.
- 55. I accept that life has good times and bad times, but I stay internally calm and at peace during both.
- 56. I don't feel I must change other people or be right all of the time.
- 57. I embrace failure as a stepping stone to deeper insights, learning and success.



- 58. I have more than enough time during my day to accomplish what I need to do.
- 59. I get plenty of sleep and wake up feeling rested and refreshed.
- 60. I listen to my intuition and trust it.

Personal Responsibility & Lifestyle

- 61. I have resolved the problems and key issues of my childhood and past life events.
- 62. I tolerate very little that drains my energy or undermines my values.
- 63. My wants have been satiated – there is very little that I want.
- 64. There is no one or nothing that I am dreading or avoiding.
- 65. I have strong personal boundaries, and people respect me and my needs.
- 66. I have defined my personal values, and my life is oriented around them.
- 67. I love where I live, my home, its style, furnishings and décor.
- 68. I don't have a lot of unfinished business, projects or other undone items. I am caught up.
- 69. I am not dreading anything in the future. I look forward to it.
- 70. I have cleared my living space of all unnecessary clutter and stuff that I no longer use or need. It is easy for me to let go of things.

Personal Development & Self-Evolution

- 71. I could die today and have no regrets.
- 72. There is nothing that I am not facing head-on and dealing with directly.
- 73. I don't feel stuck. I have enough self-motivation and inspiration in my life.
- 74. I have learned to take the path of least resistance. I go with the flow.
- 75. I do not live up to other people's expectations. I am living my life, defined by me.
- 76. I don't strive for success or chase after it. It comes to me naturally as I live authentically.
- 77. I continue to evolve because I am not afraid to experiment.
- 78. I don't wait for others. I initiate and make things happen.
- 79. I don't rely on other people to reinforce my greatness. I am confident in myself and my abilities.
- 80. I can make difficult decisions, even if I feel uncertain, and proceed confidently with my choice.

Productivity and Effectiveness

- 81. I have no problem asking for what I want from anyone.
- 82. I don't give away my time to people who use or drain me.
- 83. I have the necessary tools and equipment (computers, software, etc.) I need to work efficiently.
- 84. I reply and/or handle e-mails as I receive them. I don't let them pile up.
- 85. I have spent time creating goals and specific strategies to make those goals happen. I am working on those strategies daily.
- 86. I delegate work or projects as much as possible.
- 87. I don't put things off or procrastinate. I do it when I think of it, or I plan a time to handle it.
- 88. I recognize that cramming too much into a day is counterproductive. I work in a focused way on a few things.
- 89. I give my complete time and attention to the task at hand.
- 90. I make plenty of time for relaxation and rest, because that recharging adds to my effectiveness.



Career and Business

- 91. I work in a career that is fulfilling, challenging and enjoyable. I love my work.
- 92. I am always moving forward in my career, looking for new opportunities and ways to grow and improve.
- 93. I am well-regarded by my colleagues, customers and peers for my expertise and professionalism.
- 94. I work in an industry that has a promising future.
- 95. My work does not consume me. It is part of my life but not all of it.
- 96. I am constantly stimulated and stretched by my work. It brings out the best in me.
- 97. I wake up happy to go to work.
- 98. I like the people with whom I work.
- 99. My work doesn't drain me—it energizes me.
- 100. My career meets my intellectual, social, creative and emotional needs.

Money/Finances

- 101. I don't struggle for financial success. Money seems to come to me with little effort.
- 102. I have 6 month's to a year's worth of savings in the bank.
- 103. I invest at least 10% of my income in ways that increase my ability to expand my income.
- 104. Why I make a purchase, I buy mindfully – not on impulse, to satisfy my ego, or when I can't afford it.
- 105. I am financially aware and educated. I know about saving, investing, and how money is saved and lost.
- 106. I am on the track to financial independence (or I'm already there).
- 107. I have no financial stress in my life.
- 108. I do not carry credit card debt or overspend.
- 109. I don't fret about my investments.
- 110. I earn money because of the value I add to the people I serve.

Download a Free copy of **The Bold Living Guide: 7 Key Ingredients for a Meaningful Life**, a 46-page eBook. Click [here](#) to get your copy now.

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