

## How to get good at life

### Keywords

Hits

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Life is a skill. And like any other skill, once you know the ground rules and make the time to practice, you can get better. If you really devote yourself to life, you could even reach a place of mastery. Some have. I suggest to you that there are 3 simple things you can do to get good at life:

**1) Pay Attention To Life:** It's really easy to let life act on you - to fall asleep to life. Some people have lost entire decades this way. And they never got them back. Try and write in a journal each morning before you walk out into your world. Think about what goals you need to accomplish that day and write them down. Think about what are your most closely held values. Think about what lessons you've learned from the previous day.

What good is making a mistake if you don't learn from it?

**2) Engage In Life:** I've learned something as I've grown older: more you give to life, the more it gives to you.

Over dinner last night with some friends, we began to speak of goal setting. "But why set goals when life can be so uncertain?" One asked me. My reply: "Just because life is so unpredictable doesn't mean you shouldn't exercise your power to do your best. Set your goals. Make your plans. Take action and chase your dreams. That's what personal responsibility is all about. But once you've done your best - let go. And let life do the rest." She looked deeply into her pad thai.

**3) Enjoy Life:** We take life too seriously. But at the end, the billionaire gets buried next to the street sweeper. We all end up as dust. And no matter how long you will live, each of us isn't here all that long in the grand scheme of things. So let's not take ourselves too seriously.

Let's enjoy the ride.

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