

Title:

Becoming A Student Of Life

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Summary:

One of the habits that has served me well throughout my life is keeping the mind-set of a student.

It occurred to me the other day that it doesn't matter what I'm learning about,...

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Article Body:

One of the habits that has served me well throughout my life is keeping the mind-set of a student.

It occurred to me the other day that it doesn't matter what I'm learning about, as long as I'm learning.

If this describes your life right now, you can turn it around pretty easily. Adopt the attitude of a student.

Being a student of life isn't just about reading books and learning as much as you can on various subjects.

Here are five tips to help you become a student of life:

1) Develop Awareness. - Most of us spend our days rushing blindly from one activity to another.

2) Keep an Open Mind. - Rather than assuming you know all about something already, approach each new experience with an open mind.

3) Keep an Open Heart. - Express deep gratitude for your life, and all of the experiences you have had.

4) Look for the Lesson. - In every experience, ask yourself, "What can I learn from this?" Sometimes the lesson is obvious, sometimes it's hidden.

5) Enjoy the Journey. - Most of us take life so seriously! Yes, it does have its serious moments, but life is also a journey.

Imagine that you're a beautiful white sponge, and you come across these brilliant pools of color.

Unfortunately, there are also a few pools of black, brackish stuff like negative self-talk, fear, and doubt.

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