

## How To Live A Gratified Life

Are you currently leading a happy and fulfilling life? Do you feel like there is nothing holding you back and that you are exactly who you want to be? For most people the answer would be no.

There is always something that we want to change about ourselves and that does tend to hold us back sometimes. We get so caught up in what we haven't got that we forget about the things that we do have. It is by realizing just how lucky and blessed we are, that we can truly start to live a gratified life.

### Do You Choose Gratification?

By choosing gratification you are choosing a better existence. You are choosing to be happy in life and to be fulfilled no matter what has happened in the past. Acceptance is the key and once you accept and understand your past, it is then that you will find gratification.

We all make choices; some are good and some are bad. We cannot change them once we have made them and they shape how we are today. Everything in life happens for a reason and when you choose something you are doing what you think is best at the time. With hindsight you might think that you should have done things differently but in reality it has provided you with a lesson to learn.

Without these lessons our lives would be fairly boring, but sometimes we can let them get to us more than they should. Wallowing and getting stuck in the past is a common which problem many people have. Sometimes without even realizing it, some people can be stuck in the past and it could be stopping them from moving forward. Whether it is a conscious or an unconscious decision, staying in the past is simply not healthy and it certainly does not make you happy.

By choosing gratification it will make you feel freer and it will also help you to relax and just enjoy life. So do you choose gratification?

### Putting it Into Practice

Once you have chosen gratification how do you enforce it? Well acceptance is key but you also have to train your mind too.

By training your mind to be positive instead of negative, that is how you truly lead a gratified life. There are always niggling little doubts which come into our heads such as "I can never put this right" or "I can't move on because of what has happened." However you can train your mind to change them to something positive. For example every time you think either of those things, remind yourself that you can do anything that you want to do and you cannot change the past. Think of something positive which has happened lately and that will fight off the negative thoughts.

Our minds are powerful and if trained properly, they can help us to lead a truly gratified life. You just have to choose it and accept it and then you will start to see the changes. So choose gratification today and you too could be living the life you truly deserve.

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### About the Author

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