

One thing I believe we all have in common is that we want to live happier and better lives, we want this across every area of our lives, from our health, to our finances, our careers and our relationship with ourselves and others. In this episode, I'll share tips on the steps we can all take to improve the way we live, so we are really living a life of true happiness and abundance.

Thanks for listening :)

Emeka's Takeaways:

Health

- Exercise More often
- You are what you Eat
- Get enough good sleep
- Keep track of routing doctor visits

Relationships

- Be your own best friend
- Set relationship goals
- Give people the benefit of the doubt
- Stay in touch
- Learn to communicate better

Finances

- Spend less and Save more
- Get out of debt
- Make more money
- Hire a financial Advisor

Careers

- Quit your job if you hate it
- Develop your skills
- Take constructive feedback positively
- Get a mentor

Personal & Spiritual Development

- Stop being a perfectionist
- Get comfortable saying no
- Find ways to express gratitude daily
- Be transformed by the renewal of your mind
- Set Goals for yourself & Stay motivated
- Have Faith in something bigger than you