



20 Diamond Rules for Ultimate Well - Being



20 Diamond Rules for Ultimate Well - Being

Mind, Body, Spirit, Soul

Ashraf Haggag

Copyright © 2018 by Ashraf Haggag
All rights reserved.

Contents

	Introduction.....	6
ONE	Chasing material things.....	8
TWO	Do well for others.....	16
THREE	Exercise. Exercise. Exercise.....	21
FOUR	Get surrounded with a happy community.....	26
FIVE	Healthy Communication.....	33
SIX	It's never too late to start.....	41
SEVEN	Listen to your emotions.....	46

EIGHT	Live the moment.....	52
NINE	Make 8 hours of sleep a priority.....	61
TEN	Make time to get in touch with your soul.....	67
ELEVEN	Nutrition.....	74
TWELVE	Practice forgiveness everyday.....	90
THIRTEEN	Redefine the meaning of failure.....	99
FOURTEEN	Setting your life goals.....	104
FIFTEEN	Stop comparing yourself to others.....	112
SIXTEEN	Stop saying yes for everything.....	118
SEVENTEEN	Stress is a common problem. Deal with it.....	126
EIGHTEEN	The art of acceptance.....	133
NINETEEN	The importance of prioritization.....	138
TWENTY	The power of giving.....	143

Introduction

Life is like an equilibrium, composed of an equal amount of certainty and uncertainty. People who are truly successful at this experience accept the uncertainty and are equipped to deal with whatever life throws at them.

Clarifying the different areas of our lives and looking at each of them is a way we can pull our heads out of the sand and stop pondering as to why things aren't working out for us as we had hoped.

Why do so many people feel discontent,

despondent and look for answers in destructive ways when it seems they have everything going for them?

On the other hand, how can people from seemingly impossible situations rise up and lead inspiring, fulfilling lives, changing others along the way? The answer lies in their psychology.

Happy, successful people have a certain way of thinking, they understand what's important in their lives, what makes them feel a certain way, what fills them up with gratitude, love, peace and calm and then they go about fulfilling these basic human needs by growing and contributing to the greater society.

20 Diamond Rules is a tool to bring your whole life under the spotlight, into focus and from here it's up to you to decide what needs your attention most.

In this book, you will dive through and uncover the most precious tools and facts that will support you facing the daily challenges that life brings, not only this but it will help you maintain a balanced, happy and hopefully productive life.

Happy reading

ONE

RULE 1: CHASING MATERIAL THINGS

There is more joy in pursuing less than can be found in pursuing more. In many ways, this is a message that we already know to be true.

Since the day we were born, we have been told the possessions equal joy. And because we have frequently heard it many times and from so

many angles, we have begun to believe it. As a result, we spend our lives working long hours to make good money so that we can buy more.

But when we again hear the simple message there is more joy in pursuing less than can be found in pursuing more, **it rings** a bell... because deep down, we already know it to be true. We know that possessions don't equal joy. And we know that our life is far too valuable to waste chasing them.

It just helps to be reminded from time to time. We have always to remember:

Our life is short

We only get one shot at it as the time goes by so fast. And once we use it up, we can't get it back. Possessions steal our time and energy. They require unending maintenance to be cleaned, maintained, fixed, replaced, and removed. They steal our precious attention, time, and energy and we don't even notice it until it's too late.

Our life is unique

Our personality, our talents, and the people who have influenced our lives have made us special. As a result, **our life is exactly like no one else**. And just because everyone else is chasing

material possessions doesn't mean we have to follow.

Life is designed to inspire

Nobody ever changed the world by following someone else. Instead, people who change the world live differently and inspire others to do the same. Possessions may briefly impress, but they never inspire.

Our life deserves the best

Joy, happiness, and fulfillment are found in the invisible things of life: love, hope, peace, and relationships. And they are not on sale at your local department store.

Stop looking for them there. People who live their lives in pursuit of possessions are never **content**. They always desire newer, faster, or bigger because material possessions can never satisfy our deepest heart desires.

Be reminded that your life is far too valuable to waste chasing material possessions. And find more joy today by choosing to pursue "better," rather than "more."

So, quit chasing the things in life that are consuming our precious energy, and start focusing on what you truly need.

Stop Chasing “THE” Dream

I’m not in any way, shape, or form suggesting that you should quit dreaming, or pursuing dreams. I am saying make sure that it is YOUR dream that you are chasing. We are bombarded every day by what people think it is that we should aspire to. Our perceptions of what we want versus what we need are lost in commercialism, other people’s perceptions, and our own blind ambitions. Take a second to step back from everything else and ask yourself, “What is it that I want?” Until you know the answer to that question, how can you possibly know which direction to run in?

Stop Chasing Money

money can’t buy you happiness, even if it can take you more places looking for it”. It’s a cliché as old as money itself, but it’s as true today as it was the first time someone realized the wealth is not a condition of money. I personally judge my wealth by the people around me. Chasing money leads to working jobs that you hate, working hours that are

killing you, and missing the days, months, and years of your life that you'll never get back. If you're so obsessed with a number on a paycheck that you are letting life coast by you in the background, what good is the money that you are making?

This theory extends to the pursuit of material goods, as well. Sure, a little retail therapy can enhance your life temporarily, but constantly seeking material goods is an empty practice. There is no prize for dying with the most toys. There is however a prize for being fulfilled – it's called happiness.

Stop Chasing Attention

Again, I turn to the social media phenomenon that has taken over modern social society for this one. Everywhere you look people are crying out for validation and attention. One perfect example I love to use is what I call "vague booking". We all have that friend that will post something like "I just don't know what to do anymore" and we are all expected to jump into their pity pool to rescue them. If you truly don't know what to do in life, making a Facebook or twitter post isn't going to do you any good. If you have a problem, talk about it. Express it. Keep in mind the boy that cried "wolf" – eventually people quit listening to him.

Stop Chasing Validation from Others

No one understands you, except you. No one has to like you, except you. If you base your opinion of yourself on other people, how can you be expected to like yourself? Inevitably, for whatever reason, there are going to be people in this life that simply don't like you. By giving them sway over your own opinion of yourself – you are essentially putting them in control of your happiness. Guess what, they are probably looking for validation in others too, so why jump right in the same miserable boat? Realize that you are who you are, excuse the Popeye reference, and love you for exactly who you are. You'll never be happy with anyone else if you aren't happy with yourself.

Stop Chasing “Happiness”

Again, happiness is not something that can be obtained – it is a collective assimilation of several aspects of your life. Essentially happiness is a choice that you have to choose. You can scour the earth to find it, and if you don't enjoy the journey for what it is, you'll miss the whole point of the trip. That's how life is: You can very easily miss the forest by searching for a specific, nonexistent tree. Believe me, if I could put “happy” in a bottle, I wouldn't sell it – I'd give it away. Happiness is

something that we all struggle with every single day.

Stop Chasing the Past

Walking through life looking back keeps you from seeing what is right in front of you. And then guess what? The only way to see it is once you are already past it. Life is in front of you, turn around and see it for what it is. Sure, reminisce – remember – relish – lean on past experience. But don't blind yourself with what could have been to the point where you ignore what could be.

Quotes

- 1. Seeking happiness in material things is a sure way of being unhappy.**
- 2. Children will not remember you for the material things you provided but for the feeling that you cherished them**
- 3. The greatest legacy one can pass on to one's children and grandchildren is not money or other material things accumulated in one's life, but rather a legacy of character and faith.**
- 4. Don't depend on other people to be responsible for you. Don't make yourself stressed out over nonsensical things like material things.**
- 5. The few men who possess the wealth of the material things of the earth at the present time are not truly happy.**