

Do you see how your life went by in no way?

Surely you don't like (even if you can't stand it) eating only one thing for life. So why can you accept life from day to day in such a tasteless way?

About the author : The article is translated from sharing by author Darius Foroux on page Medium.

Every night, before going to bed - when you are in bed, do you feel excited when you wake up in the morning? Isn't there anything interesting that you are waiting for? Or do you always feel bored, tasteless, bland, frustrated? You lie on the bed, despite time passing and waiting for "G hour", you rush to get out of bed to prepare for work?

About 3 years ago (or more), I asked myself this question many nights before going to bed. And often, the answer is that I have nothing to be excited about. Each day passed by a tasteless way, no different from the previous days.



They are in stark contrast to some "big" days like the first day you go to work, the first day you travel with your boyfriend / girlfriend, get a college diploma, sign a big deal. You create that "big".

These days are so beautiful, aren't they? Because you always have something to wait for the night before? Are you excited, nervous, anxious to not sleep? You get up early in the ready position. You feel life is meaningful.

However, except for them, most of them, your life is nothing else. Do you understand that feeling? You look back and see that time seems to be disturbed. You cannot distinguish this day from the other day. And then, you don't know how this week and next week will be different. You go to work, go home and everything happens exactly as it happened before.

Then one day, you don't care about anything anymore. You simply live like that.

Finally when many years passed and suddenly, you were 80 years old. Now, you sit in a chair, look out the window and wonder:

"What happened to my life? All the time in my life is gone now?"

Many people are currently underestimating the value of life. I have been like that for many years. When I look back on my time at university, how do I feel so beautiful? However, I did not remember much anymore, it felt like it was a very big event.

I just remember that when I used to go out, drink beer, have fun with friends and always like that.

After graduating, I worked a lot, traveled a lot and once again, when I looked back, I saw time passing by so fast.

I have thought a lot about why that is so and I think of a saying of Seneca - Stoic psychologist (Stoic) 2,000 years ago that:

"Start living right away and count every day like every single life."

The problem here is that we don't treat each day as a "small life". We wake up, drink tea / coffee, take care of the family, go to work, earn money, shop, watch movies and go to sleep. Or something like that.

The next day you wake up, you repeat EXACTLY what you did the day before.

You know this proverb: **Change is the spice of life (Variety is the spice of life)**. I am sure you know. But why don't you add "spice" to your life?



No one would like to eat one for life. Everyone likes to change.

So why don't you change the "taste" for your life?

If not feel excited. Find and make yourself feel excited.

Every day, choose something you want to enjoy, such as going in the rain or watching the sunset.

What do you think about breakfast tomorrow? Do you want to change a bit? For example, instead of eating bread, do you choose to get up early and cook yourself a great meal?

Change doesn't need something big. You just need to change from the smallest things.

Be excited about your life. Learn new skills. Learn new languages. Learn new culture. Train your body . All these small actions will make your day wonderful and your life will be more exciting than ever.

Think of your day as a life and make every "little life" meaningful.



However, I also emphasize that change is good but you also need reality. Not that you are bored, you are tired that you can buy air tickets to travel abroad or spend whatever you like.

A little strong, a little curious, a bit of effort and a little different from what you've ever felt tasteless will make great achievements.

If you want to enjoy life completely, you have to make it happen. If not, no one will bring it to you.

Before going to bed, ask yourself: *"Do I feel excited when I wake up in the morning?"*

If the answer is no, it's time you need to change.

If the answer is yes, keep asking that way the next evening and go to bed with a smile on your face, because, waking up in the morning, a wonderful "little life" is welcoming you.

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