

What is beautiful life and 29 ways to help you live beautiful

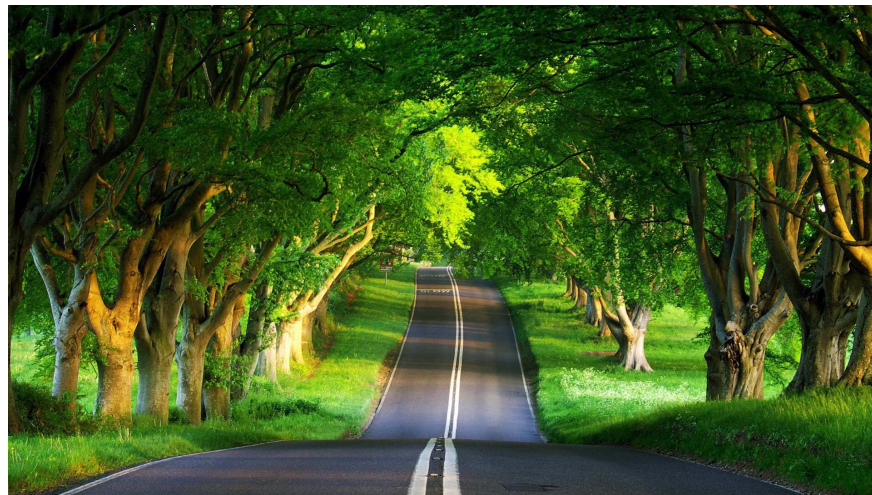
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The poet To Huu once said, "How beautiful is my life, friend?" Everyone wants to live beautiful, but who knows what really beautiful life is and how to live beautifully?

There is a saying: *"If someone asks me what is beautiful, I will step closer to them, leaning my head on their shoulders, smiling and saying this is a beautiful life"* . However, this is only a very small expression of beautiful life. Things that make this life style worth cherishing are many, many more.

What is beautiful life?

Living well, first of all, must live love, care, care, attachment, sympathy, altruism to all people around you, regardless of relatives or strangers, regardless of skin color, gender and social status.



Beautiful life is a purposeful life, a dream, an ideal living life. Living beautifully is living with will, rising and standing up by your own feet when stumbling, living hard, bravely overcome the challenges and difficulties of life to make your dream come true fly high, fly away. Living beautifully means living hard and never succumbing to fate.

Beautiful life is a culturally, polite, knowledgeable lifestyle, with human love. Beautiful living does not include selfish thinking, only knowing you without knowing people, helping people but self-interest, for personal

purposes. Beautiful living is useful. Beautiful life does not mean that the body must be beautiful, beautiful and beautiful is the soul, the thoughts, the words and the actions.

However, it is not easy to live beautifully. Not everyone knows how to live beautiful and not everyone who understands beautiful life is easy to form for themselves how to live that good life. Because modern life has so many messy things, many thoughts, dominant views make people tend to be materialistic and accidentally lose the beauty of the soul. Because, living beautifully requires us to be really alert to be able to love each moment and keep ourselves from the temptations of society.

Nice living doesn't want to be. Because the boundary between "beautiful" and "not beautiful" lives is extremely fragile. We cannot become beautiful people in just one day, one hour and not one beautiful month of life can maintain this lifestyle forever. Beautiful living also needs daily training as a habit. Beautiful life is not difficult, it is only difficult when we are lazy, afraid or not determined enough and easily let go despite the rushing life.

29 ways to live beautiful



1. Go outside, see the beauty of nature and breathe. Stop to admire the blooming flowers. Stop, listen to the birds and feel the beauty of nature. Maintain this habit every day, a little slowly and you will see the proud beauty of the smallest things in life.

2. Dance like a child when you feel happy or sad. Jump on the bed in the morning, in the bathroom or close the door and enjoy the space just yourself.

3. Smiling, laughing loudly, smiling brightly when you're happy. Smile when you meet friends or greet someone early in the morning. Don't regret smiling because it's an invaluable asset that you can give to others.

4. Rest. Sit down and relax on your favorite chair after work, stressful times or on weekends. Close your eyes and feel satisfied with everything you have.

5. Read books. Try being a "lazy" person when the weekends give themselves a space full of books as books. Reading books will lift you up or "immerse" you in the emotions of your character, challenge you to discover the

author's message, make you happy with the humorous, compelling statements for the full use of the word. mesmerizing or inspiring you with meaningful stories.

6. Cooking. Alone or with your beloved friends. Let's make new dishes together, try new flavors and enjoy together.

7. Work. Do your best with the work you are doing. Hard, focused and 100% effort. When you're done, "vent" and give yourself great rewards.

8. Play as hard as you do.

9. Sincere , honest in both thoughts, words and actions.

10. Love and show love by acting proactively. Do not wait.

11. Exercise. Set goals, plan training and start working.

12. Take a picture. Invest in a camera or use your phone camera to "capture" any moment you want to keep.

13. Travel to places you want.

14. Pursuing your dream , even a "crazy" dream for others. Don't care about what they say, if you have faith in your abilities and ambitions, stick to the end!

15. Listen. Not only listen to others but also listen to the voice in you (Inner Voice).

16. Step out of the " Comfort Zone" by constantly experiencing new things. Do not live a boring life, a path.

17. Chat with children. Childlike soul is extremely pure, lovely and funny. Spend time with them to see that life is not complicated.

18. Forgive everyone who has made you sad, hurt you and ready to give them a chance to repair.



- 19. Get rid of all your past troubles.** What has passed then let it go!
- 20. Love** both perfect and imperfect points on your body. True beauty is not in the body but the soul.
- 21. Grateful** , including small things in life. Do not compare, calculate, envy or feel inadequate. Think about people who live a harder life than you.
- 22. Join a club** , organization or a group of people who are working hard to build a good lifestyle. Inspire each other to spread value.
- 23. Praise others sincerely.** Praise can make a person from self-deprecation, frustration become stronger than ever. You don't lose anything.
- 24. Get to know new friends** , build, develop and maintain the sustainability of all the relationships you have.
- 25. Help others** anytime you can and anytime, anywhere. No need to be great things, show compassion from the smallest things in life.
- 26. Don't judge or judge others.** Always look back at yourself before intending to comment on anyone you meet

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