

*20 Word to Change Your Life  
By Gusto*

**BEGIN**

*Take Charge of your life by beginning something you've always wanted to do.  
If your goal seems overwhelming, start small.*

**IMAGINE**

*Your imagination has no boundaries...  
'Dreaming about something is the first step toward achieving it.*

**LAUGH**

*Laughter is a direct route to your soul.  
It broadens your perspective, keeps you healthy, and makes an unbearable situation  
easier to deal with.*

**BELIEVE**

*Set your mind to predict success.  
Tell yourself you WILL succeed at whatever you're doing at the moment.*

**SEEK**

*Allow yourself to grow by exposing your vulnerability and insecurity.  
Don't live strictly inside your comfort zone --  
Don't always play it safe.*

**PLAY**

*We can always find something "that needs to be done" and we forget how to have fun.  
Make a conscious effort to take time off --  
You'll feel refreshed and able to think more clearly afterwards.*

**TRUST**

*By being paralyzed by indecision is worse than making the wrong decision.  
You can't grow if you don't trust your inner voice.*

**LISTEN**

*Try listening carefully to the other person's point of view FIRST,  
without being preoccupied or distracted.  
You'll really hear what is being said  
and the other person is more likely to pay attention to your views.*

**CREATE**

*Creativity maintains the balance in our lives.  
The more we use our creativity, the more it develops.*

**CONNECT**

*Relationships are what pull us through the hard times,  
and make the good times meaningful.  
Take the time to nurture the connections that uplift you.*

**TOUCH**

*Humans need touch to survive and thrive.  
Don't forget to hug your loved ones.  
Pat your friends on the back, literally and figuratively.*

**FORGIVE**

*Forgiveness is life-changing because it puts you in charge.  
You become empowered.*

**PRAY**

*Prayer is asking God to transform the situation and become the heart of your life.  
Take time each day to nurture this connection.*

**HOPE**

*Hope is the knowledge that even in the worst of times  
We can triumph over hardship and sorrow and grow in spirit.  
Hope is what sustains humanity.*

**CHOOSE**

*We can't always choose our circumstances, but we can choose our attitudes towards  
them.*

**APPRECIATE**

*Admire the good in yourself and in those around you.*

**GIVE**

*Happiness involves giving freely to others and not necessarily wanting something in  
return.*

**READ**

*Reading removes boundaries.*

**WRITE**

*Words are freedom. Words are power.*

**RELEASE**

*Avoid doing something just because everyone said you should.  
Give yourself permission to relax.*